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. <u>The treadmill may be damaged by using outlet without good grounding and the Manufacturer may not provide warranty for this!</u> After the practice, stop the treadmill and shut off the power supply.

4. <u>Laymen must not open the front cover of treadmill and adjust the electronic control without approval, to avoid unnecessary troubles.</u>

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 135Kg (297lb), the service life of the treadmill may be affected.
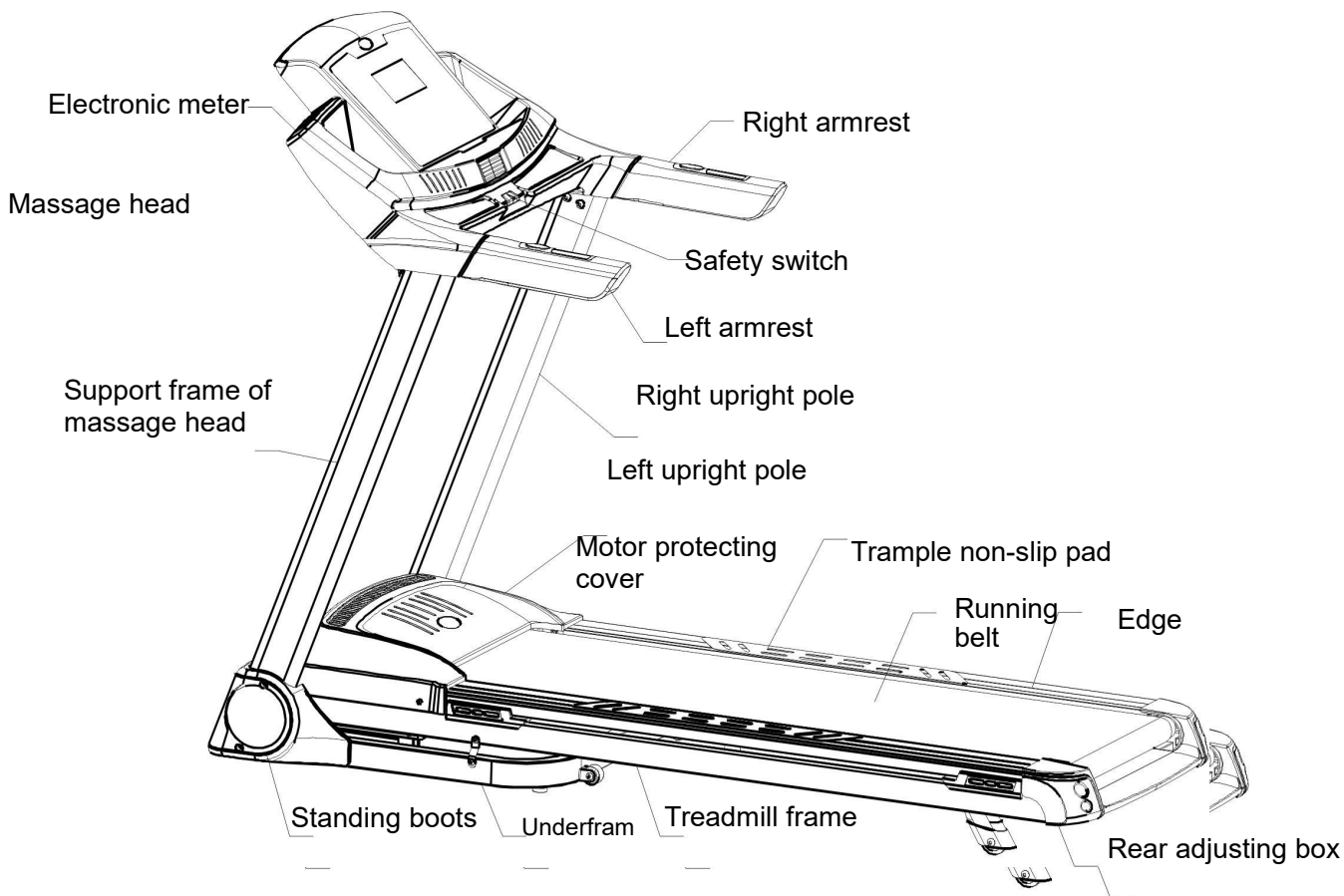
Main technical parameters

● Input power voltage: AC220V-240V (50/60Hz)

● Rated voltage: 10.2A

● Operating ambient temperature: 0~40℃

● Motor power: 1850W

● Scope of operating speed: 1~16 (km/h)

● Slope adjusting range: 0-15%

● Scope of time display: 0.00~99.59 (min: s)

● Scope of distance display: 0.00~99.9 (km)

● Scope of heart rate: 50~200 (b/pm)

● Scope of calorie display: 0~999 (calories)

● Floor area: 181×78×137cm
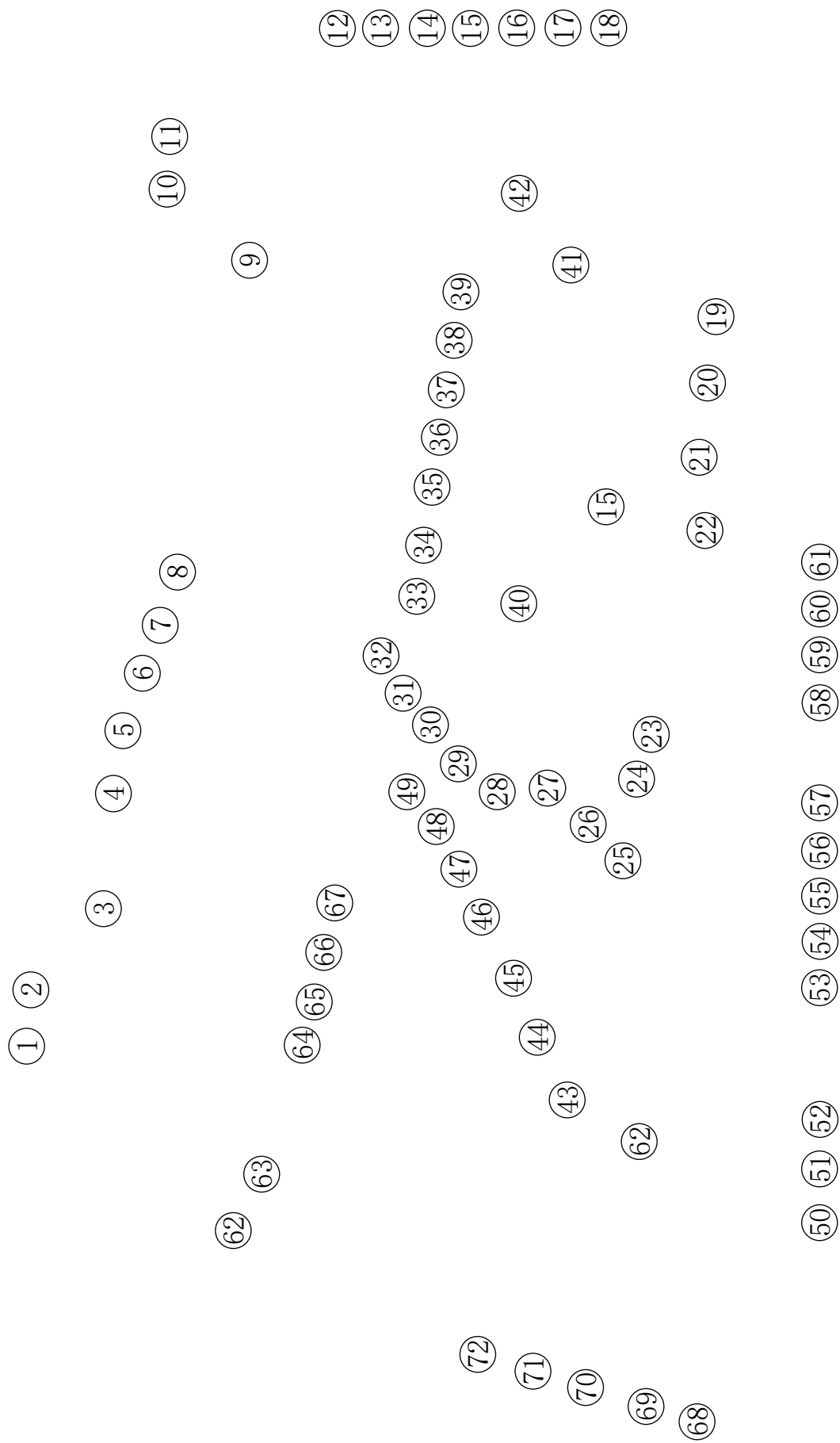
● Effective usable floor area: 130×46cm

Features

※ 1850W low noise DC motor

※ Personalized safety protection device can automatically stop after 120s of no-load run and is safe, energy saving and environmentally friendly.

※ The machine has fashionable appearance and is massive and smooth and is provided with comfortable PU armrest.

※ High-sensitivity heart rate measurement, speed regulation through handle/ Slope regulation through handle.

※ Blue-backlight LCD display with 12 intelligent running programs.

※ New Tablet PC support frame enables free entertainment.

※ High fidelity stereo and MP3 audio input function

※ Smart fan supplies more oxygen during the aerobic exercise and accelerates indoor air circulation.

※ Use energy saving and environmentally friendly non-transformer electrical control technology with lower energy consumption, for which the suitable voltage range is wider.

※ Steady and comfortable second generation of Conlin new multiple compound super shock absorber system and double running platform.

※　New one button customization function (body sculpting, relax, warm-up, etc. by one button) satisfies different populations' fitness desires and different requirements.

※　Smart health cloud management, APP multi platform and multi language full support (supporting IOS system and Android system).

※　The motion effect and safety protection can be scientifically and effectively promoted through step count statistics and real-time heart rate monitoring (the Bluetooth wireless heart-rate signals can be received).

※　Smart object linked treadmill enables joy during running (sharing running data, interacting together as well as participating Online running competition in real time).

※　Hydraulic folding belt locking device

II. Product introduction

Electronic meter
Massage head
Support frame of massage head
Right armrest
Safety switch
Left armrest
Right upright pole
Left upright pole
Motor protecting cover
Trample non-slip pad
Running belt
Edge
Standing boots
Underfram
Treadmill frame
Rear adjusting box

III. Product explosion diagram

IV. Particular sheet of explosion diagram

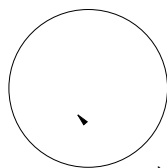| S/N	Part name	Qty.	S/N	Part name	Qty.
1	Electronic meter	1	37	19-inch belt	1
2	Safety switch	1	38	Sock pad	4
3	Left PU armrest	1	39	Rear roll	1
4	Right PU armrest	1	40	M8×30 cylindrical hexagon socket head cap screw	4
5	Heart-rate measuring handle	2	41	M8×20 countersunk cross head screw	6
6	Insert of protective cover	1	42	M6×65 cylindrical hexagon socket head cap screw	2
7	Motor cover	1	43	Cord plug	2
8	Running belt	1	44	Right boot	1
9	Left foot non-slip strip	1	45	Lifting motor	1
10	Right foot non-slip strip	1	46	M10×45 pan hexagon socket head cap screw	3
11	Two-color edge	2	47	M10(Φ20×1.5) small flat washer	8
12	Rear adjusting box	1	48	Folding shock pad	2
13	Edge positioning buckle	6	49	M10 check nut	4
14	Running plate	1	50	Left boot	1
15	M8×45 pan hexagon socket head cap screw	5	51	Foot pad	2
16	Rear castor	2	52	Welding parts of base frame	1
17	Rear foot cuff	2	53	Foot pad	2
18	Left shock pad	2	54	M8×40 pan hexagon socket head cap screw	2
19	Right shock pad	2	55	Φ36 caster	2
20	Welding parts of running frame	1	56	M8 check nut	12
21	Anti-loosing clip	1	57	Motor bottom cover	1
22	Corrugated hose	1	58	Air spring	1
23	Wire clip (small)	1	59	Spring leaf	1
24	Magnetic inductor	2	60	Foot cuff	1
25	M10×80 pan hexagon socket head cap screw	1	61	Air spring casing	1
26	Bulkhead (25×50)	2	62	M8×16 pan hexagon socket head cap screw	10
27	Motor buffer pad	4	63	M8(Φ24×2.0) arc small washer	2
28	M8×80 cylindrical hexagon socket head cap screw	1	64	M4×25 large flat cross head self-tapping screw	4
29	DC motor	1	65	Square bulkhead (20×40)	2
30	Power cord plug (small)	1	66	Bracing pad of lifting frame	2
31	Overcurrent protector	1	67	Welding parts of lifting frame	1
32	Power switch	1	68	M8×50 pan hexagon socket head cap screw	4
33	Lower electric control plate	1	69	M8(Φ16×1.2) small flat washer	24
34	M6×45 cylindrical hexagon socket head cap screw	1	70	M8 spring shim	12
35	M6(Φ11.5×1.0) small flat washer	9	71	Welding parts of left pole	1
36	Front roll	1	72	Welding parts of right pole	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: Installation of upright pole: take out the treadmill, insert the left upright pole (there is no control line in the upright pole) into the left underframe, and use 2 M8×50 and 2 M8×16 pan hexagon socket head cap screws (with gaskets) for locking. Next, couple the line of the right upright pole (there is control line in the upright pole) and underframe, insert the line into the right end of underframe, and use 2 M8×50 and 2 M8×16 pan hexagon socket head cap screws (with gaskets) for locking. Then insert the connector of control line into the upright pole and install the cord plug in the U groove of upright pole, as shown in the following figure:

Cord plug

Step II: Installation of electronic meter. Connect the line in the upright pole with the meter line, then insert the electronic meter components into the left and right upright pole; use 6 M8×16 hexagon socket pan head screws to fix the meter frame on the left and right upright poles, as shown in the following figure:

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

Step IV: Installation of standing boots. Use 4 M4×8 truss head cross screw to fix the left and right standing boots according to the coordinate position, as shown in the following figure:

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

VI. Display and function operation of electronic meter
1. Electronic meter window display and functional operation

2. Description for electronic meter window

2.1 "SPEED" window:

    2.1.1 "P01-…-P12-FAT" are displayed under the setting state, and the current speed values are shown under the running state, with the speed display range: 1.0km/h—16km/h.

    2.1.2 Display 3s count-down during the start;

    2.1.3 Display "- - -" at the disconnection of safety lock;

2.2 "INCL." Window: it displays current slope value with the display value of slope: 0-15%.

2.3 "TIME" window: display movement time.

    2.3.1 Under the manual mode, the window begins to count number positively from 0:00 to 99:59, the treadmill stops operating by steady slowing down when the window counts to 99:59 and the speed window displays "End" as well as enters into the off state 5s after full stop.

    2.3.2 The window begins to count number positively from 0:00 to 99:59 under the distance and caloric mode and stops; the treadmill continues operating after the windows counts to 99:59.

    2.3.3 The count-down reduces to 0 from the set time; when it counts down to 0:00, the treadmill stops operating by steadily slowing down and displays "End" as well as enters into the off state 5s after full stop.

2.4 "DIS." displays motion distance to count number positively from 0:00 to 0.00-99.9 and continues operating after overflow stop; when the window counts number negatively, it counts down from the set value to 0; when the window counts down to 0, the treadmill stops operating by steadily slowing down and displays "End" as well as enters into the off state 5s after full stop.

2.5 "PUL. /CAL" window: Displays the heart rate and calorie consumption value of sporters; when the calorie consumption value is displayed, the window begins to count number positively from 0 to 999 and continues operating after overflow stop; when the window counts number negatively, it counts down from the set value to 0; when the window counts down to 0, the treadmill stops operating by steadily slowing down and displays "End" as well as enters into the off state 5s after full stop. When the sporters hold the heartbeat induction handle by two hands, the system can automatically detect the heart rate of sporters and display it on this window. The display range of heartbeat value: 50-200 times/minute. (The data is only for reference and cannot act as medical data).

3. Key function:

3.1 "START/PAUSE" key: On the condition that the power supply and safety lock are opened, you can press this key at any time to start the operation of treadmill. Under the manual mode, by pressing this button, you can skip the warm-up when in warm-up and suspend motion when in non warm-up.

3.2 "STOP" key: during the motion, by pressing this button, you can stop the operation of treadmill and reset and stop.

3.3 "Program Switch (Program)" key: Under the off state, by pressing this button, you can recurrently select the built-in fixed program "P1-P2-…-P12-U01-U03-FAT".

3.4 "Goal Setting (Mode)" key: By pressing this button, you can recurrently select "0:00", "15:00", "1.00" and "50.0" ("0:00" is manual mode; "15:00" is time countdown mode; "1.00" is distance countdown mode; "50.0" is calorie countdown mode.) When you are select various modes, the speed and slope add-subtract keys can both be used to set relevant countdown values. After successful setting, you can start the treadmill by pressing the "START" key.

3.5 "Speed+" and "Speed-" (SPEED) are speed add-subtract keys: Under the off state, they can be used to adjust the set value. After starting, they are used to adjust the speed; the adjustment range is 0.1 each time. When you keep pressing them for over 0.5 second, they can increase or decrease progressively automatically and constantly.

3.6 "Slope+" and "Slope-" (INCLINE) are slope add-subtract keys: Under the off state, they can be used to adjust the set value. After starting, they are used to adjust the slope; the adjustment range is 1 section/time. When you keep pressing them for over 0.5 second, they can increase or decrease progressively automatically and constantly.

3.7 "Speed: 3, 6, 9 and 12, 15" are speed shortcut keys: They can speedily set the speed.

3.8 "Slope: 3%, 6%, 9% and 12%,15%" are slope shortcut keys: They can speedily set the slope.

3.9 "Mobile connection ▯(MODS)" is Bluetooth key: The start default is closing. When you start it and waiting for on-line, the Bluetooth indicator flashes; it may automatically stop after 5 minutes of non App online. After non-line with App, the Bluetooth indicator always flashes.

3.10 "Volume - 🔊, Speaker Switch 🔊 and Volume +🔊" are PA control keys.

3.11 "Warm-up program ⌃(WarmUp)" key: By pressing this button, you can start the three-minute (time window flashes) warm-up, the treadmill operates at the speed of 1.0KM/H; the speed gradually increases to 6KM/H according to three minutes; the maximum speed is 6.0KM/H. The treadmill operates as per the selected mode after 3 minutes. Under the operating state less than 6.0KM/H, by pressing this button, the treadmill enters into the three-minute warm-up operating state.

3.12 "Lose Weight 🏃" key: Under the standby state, press this button to directly select the "Lose Weight" program.

3.13 "Burn Fat 🔥" key: Under the off state, press this button to directly select the fat burning program.

3.14 "Half Marathon ⅏(Half Marathon)" key: Under the off state, by pressing this button, you can start the Half Marathon running; the distance is 21.1KM.

3.15 "Cooldown program ⚬ (CoolDown)" key: Under the manual mode, by pressing this button, if the current speed is ≥8KM/H, the closing time from eight kilometers is three minutes in total (the time window flashes); if the current speed is between <8KM/H and ≥2.5KM/H, the closing time may be two minutes and the speed gradually reduces until stop; if the current speed is <2.5KM/H, the closing time may be 18 seconds. By pressing the "Cooldown program" key, the time window flashes and displays and the speed can only reduce but not add.

3.16 "Fan ·" key: when the fan is off, press this key to run the fan at a medium speed; press it again to run the fan at a high speed; under the high-speed state, press the key to close the fan.

3.17 Under the off state, by pressing "Speed+" and "Speed-" keys for three seconds, you can enter into the total mileage check.

3.18 Under the safety lock off state, by pressing the "Program Switch (Program)" and "Goal Setting (Mode)" for three seconds, you can switch the metric and inch system.

3.19 Under the off state, press the "Speed-" and "Program Switch (Program)" keys simultaneously, if the treadmill sends one long sound, it means closing for 120 seconds and without motion stop function; if the treadmill sends two short sounds, it means starting for 90 seconds and without motion stop function.

3.20 Under the off state, press the "Speed+" key for three seconds, if the treadmill sends one long sound, it means closing the actual running; if the treadmill sends two short sounds, it means starting the actual running function. After the actual running is opened, if sporters do not run on the machine platform, the treadmill may not calculate distance and calorie. The default of the function is closing. After setting, conduct power down save. Remark: if App on-line is applied, the actual running may be opened forcefully. After operation and stop, the default setting may recover.

4. Main functions:

Open the power supply, the treadmill may enter into the manual mode and speedy starting (manual mode) after all the windows flashes for two seconds.

4.1 Open the power switch, and correctly attach the magnetic safety lock on the safety lock position below the panel.

4.2 By pressing the "START" key, the system enters into three-second countdown (the window displays 3-2-1); the buzzer makes the "BI-BI-BI" sound and the speed window displays countdown value at the same time. After three-second countdown, the treadmill starts operating at the speed of 1.0 kilometer/hour.

4.3 After starting, you can adjust the speed of treadmill through "Speed+ and Speed-" keys according to the requirements or directly adjust the speed of treadmill through "right armrest key".

4.4 After starting, you can adjust the slope of treadmill through "Slope+ and Slope-" keys according to the requirements or directly adjust the slope of treadmill through "left armrest key".

5. Operation during the exercise

5.1 Pressing the Speed-down Key may reduce the running speed of the treadmill and pressing the Speed-up Key may increase the running speed.

5.2 Pressing the Slope-down Key may reduce the Slope of the treadmill and pressing the Slope-up Key may increase the Slope.

5.3 The speed can be directly adjusted by pressing the Speed Shortcut Key and the Slope can be directly adjusted by pressing the Slope Shortcut Key.

5.4 The treadmill may slow down till to stop by pressing the Stop Key or directly disconnecting the safety lock.

5.5 When exercisers hold the heart-beat handle with both hands, the heart-beat data may be displaced in about 5s.

6. Manual mode

6.1 Under the off state, directly press "Start" Key and the treadmill begins to run at the speed of 1.0km/h; the window begins to count number positively from 0. Moreover, the speed can be changed by pressing "Speed-up" and "Speed-down" Key or "Speed Shortcut Key", and the Slope can be changed by pressing "Slope-up", "Slope-down" or "Slope Shortcut" Key; the motor can be stopped by pressing "Stop" Key during the motor operation.

6.2 Under the off state, press "Goal setting" Key to enter into Count-down Mode. "TIME" Window displays and flashes, the intial time is "30:00", and pressing Speed amd Slope Up and Down Key can set up the operating time. The time setting range is 5:00-99:00.

6.3 Under the off state, press "Goal setting " Key to enter into Distance Count-down Mode; the initial distance displayed is 1.00km and the distance can be set by pressing Speed and Slope Up and Down Key, the setting range is 0.50-99.9 (it can reach to 60.0km at most when Bluetooth is connected and can be increased or reduced by 0.1km).

6.4 Under the off state, press "Goal setting" Key to enter into Calorie Count-down Mode, and the initial Calorie displayed is 50.0kcl; Calorie can be set by pressing Speed and Lifting UP and Down keys and the setting range is 10.0-999kcl and can be increased or reduced by 1kcl each time.

6.5 Under the Count-down Mode, when the setting time reduces to zero, or the setting Calorie reduces to zero or the setting distance reduces to zero, the buzzer produce the short voice of "Bi-Bi-Bi"; the speed is decreasing till to stop, and the buzzer produce the long voice of "Bi-Bi Bi"; when "End" is displayed on the "Distance" Window, it return to off state after 5s, the buzzer produce long voice of "Bi-Bi".

6.6 The parameter unset is accumulated upwards and when reach to the most display range, it reset and continue; under the manual Mode, it shut down automatically when the time is accumulated over 99.59.

7. Connecting method of Bluetooth App (optional):

The treadmill can be connected with Bluetooth APP, and the specific operation refers to "Run Every Day. pdf". If cell phone is iPhone 4S or above, please to download Running Everyday APP software (search for "ttpaobu" or "Running Everyday"); and if your cell phone is above Android 4.4 (support BLE 4.0), please come to http://www.ttpaobu.com/ to download the newest version of APP software. You can also install the Running Everyday APP by scanning the following two-dimension code:

If during the operation the Bluetooth disconnect automatically after the connection between Running Everyday Android APP and BLE, please reboot the cell phone (or shut it down and start again and operate the Running Everyday App is ok).

8. User defined program:

Except for 12 systematic built-in programs in the treadmill, there are 3 user defined program set allowing the user to set according to the individual situation: U01, U02, and U03.

8.1 Under the off state, press "Program Switch" Key continuously until to the user defined program hoped and the Window display "U01-U03"; press Goal Setting (Mode) Key enters into setting, the Window displays "S-01…S -16", and the Speed and the Slope Window display the corresponding section the data relevant. You can set in each time interval, using "Speed +" and "Speed -"when setting the speed and "Slope +" and "Slope -" when setting the Slope; pressing "Goal Setting (Mode)" Key finishes the setting of this section and enters into next time interval setting state until all 16 time intervals setting are finished; the data after setting may be stored permanently until you set again the next time and this data may not be lost due to the power off.

8.2 Under the off state, press "Program Switch" Key continuously until to the hoped operating user defined program (U01-U03) and press "Start" key to start after the operating time setting is finished.

9. Built-in program

Press the "Programming Cut" Key and select one of P1-P12 as a built-in program. At this time, TIME Window displays the default and flashes. Pressing "Speed" or "Slope" Up and Down Key adjusts the speed to the required speed. Press the "Start" Key and the treadmill begins to run at the speed and the Slope of the first section in 3s. The built-in program is divided into 16 sections. The operating time in each section is equal to 16 divided by the setting time divide. The treadmill automatically enters into next section and the speed and the Slope automatically changes to the speed at this section after the last section is finished. After all sections are finished, namely the program is finished; the treadmill slows down until it stops.

During the operation, the speed can be adjusted by pressing "Speed-up" Key and "Speed-down" Key and the Slope can be adjusted by pressing "Slope-up" and "Slope-down" Key. However, when the program enters into next section, the speed and Slope can automatically change to default values. During the operation, the treadmill can be stopped by directly pressing "Stop" Key or disconnecting safety lock.

See the attached Table for the data of built-in program.

Time section / Program		The operating time in each time interval is equal to 16 divided by setting time															
		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
	Slope	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
	Slope	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
	Slope	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
	Slope	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
	Slope	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
	Slope	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
	Slope	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
	Slope	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
	Slope	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
	Slope	4	5	6	7	8	9	10	10	10	10	10	9	5	7	5	2
P11- Wrinkly	Speed	3	4	5	6	7	7	5	6	7	7	5	7	6	5	4	3
	Slope	2	2	3	2	3	2	3	2	3	3	2	3	2	3	2	2
P12- Old people	Speed	3	5	6	5	5	6	5	5	6	5	5	5	5	4	3	3
	Slope	2	3	2	3	3	2	3	4	3	3	3	3	3	2	2	1

10. Heartbeat measurement:

Hold the holding sheet steel with both hands. The heart-beat value can be displayed in the Heart-beat Window after 5s. In order to obtain accurate heart-beat value, the heart-beat value should be measured at the stop of the treadmill. The holding heat-beat measured data are only used as the reference of exercise degree rather than medical data.

11. Sound functions

When an outer audio device (such as MP3) is inserted to the audio input through the audio cable, the music can be played. The volume can be adjusted by Volume - "🔊" and Volume + "🔊"; the sound can be opened and closed by pressing the 🔇 Key.

12. Standby and automatic stop function

If the treadmill is not operated for more than 10 min, it enter into standby state and can be restarted by pressing any button;

and it may enter in to pause mode when it is no-load and not operated for 120s.

13. Safety lock function:

Under any state, removing the safety lock can emergently stop the motor, the Window displays "---" or "--", and the buzzer produces short voice of "Bi-Bi-Bi". If the motor is operating, it may emergently stop.

14. Shut down

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

15. Parameter display and set range:

	Initial	Setting initial value	Setting range	Display range
Time (min: s)	0:00	30:00	5:00-99:00	0:00-99:59
Speed (km/h)	0.0	1.0	1.0-16.0	0.0－16.0
Incline (section)	0	0	0-15	0-15
Distance (km)	0.0	1.00	0.50-99.9	0.00-99.9
Calorie (kcl)	0	50.0	10.0-999	0.0－999

16. Test for body condition

Under the standby state, continuously press "Program Switch (Program)" Key to start the detection function for physical indexes (FAT), press "Goal Setting (Mode)" Key to enter into interfaces F-1, F-2, F-3, F-4, and F-5 (F-1--gender, F-2—age, F-3—height, F-4—weight and F-5—physical detection). The parameters for 01-04 are set up by pressing "Speed +", "Speed -", "Slope -"and "Slope +" keys (parameters are shown in the following table). After the setting, the "Goal Setting (Mode)" Key is pressed to enter into F-5 Physical Examination Interface. At this time, you should hold handle-type heart rate metering plate with both hands. Your physical indexes may be displayed in 5-6s. Check whether the displayed values are in accordance with your body weight and height. The physical indexed (FAT) are used to display the relation between the body weight and height rather than body proportion. The FAT is applicable to any male and female and can provide the weight adjusting basis for people along with other healthy indexes. Ideal FAT should be in range of 20-24. It means too slimness when the value is lower than 19, overweight when the value is in range of 25-29 and obesity when the value exceed 30. (The said data are used for reference and cannot be used as medical data.)

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

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 16km/h.

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

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

2.6 Folding operation: During the folding operation, switch off the power supply firstly, unplug the power supply in the front of treadmill, and uplift the rear end of treadmill frame with hands. Please be sure that the locking is not tight enough until a sound of "click" is heard from the hook-type protective device. After the locking, move or leave the treadmill. When the treadmill is placed down, pick up the treadmill frame with hands, stamp the air spring casing so that the air spring can retract into the casing, and slowly set the treadmill level in order. The stamping for air spring casing is as shown in the figure.
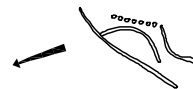
3. Safety protection for treadmill

3.1. In any emergency, as long as the exerciser takes off the safety lock, the treadmill may be power off. Therefore, when you are exercising, please be sure to clip the safety lock on the appropriate position 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 10.2A 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 The stop lock should be pressed when get off the treadmill. Don't get off the treadmill until the running belt stops completely.

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

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

4. Additional precautions

4.1 The cardiac should not use the electric treadmill alone.

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

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

IX. Daily servicing and maintenance of electric treadmill

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

1. Keep the treadmill clean

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

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

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

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

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

2. Lubrication

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

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

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

3. Judgment for friction:

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

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

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

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

4. Adjustment for the tightness of running belt:

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

4.2 Judgment method for tightness of running belt

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

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

regulating box is used to adjust the tightness and deflection. It is the core component of the adjustment of the complete treadmill.

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

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

5. Adjustment for deflection of running belt:

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

5.1 The treadmill body is placed unevenly.

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

5.3 The strength of user's feet is uneven.

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

6. Adjustment for motor belt:

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

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

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

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

X. Elimination methods for common faults

Fault of phenomenon	Possible reasons	Handling method

		A. The power is not plugged or there is no power supply	Plug the power lines into the AC current, or check the AC socket
No display of the treadmill		B. The power switch is not on	Switch the power to "ON"
		C. No supply of the drive or it is damaged	Press the overload protection again or replace the drive
		D. Disconnection of the electronic meter signal lines	Replace the signal lines and plug again in the right position
		E. The electronic meter is damaged	Replace the electronic meter
		F. (liquid crystal) the backlight is out of work	Repair is required, check for the backlight line or replace the backlight
Incomplete display of the treadmill, lack of strokes		A. Display drive is false or continuous welding	Repair is required, check for the welding joint and well weld again
		B. (Liquid crystal) the conducting bar is sliding and not fixed to the position	Reassembly the liquid crystal
		C. Bad display drive IC	Repair is required, weld new display drive IC
The operation of the treadmill is not smooth, shaking or without force		A. There is resistance in the transmission parts	Adjust the transmission parts or add lubrication oil
		B. The transmission belt is over tight or over loose	Adjust the tightness of the transmission belt
		C. The torque of the drive is over little or over large	Adjust the torque potentiometer to the proper position
Display of the electronic meter	---or----	A. The safety lock fell off	Put the safety lock onto the plate for the actuation or the card inserting position
		B. The magnetron is not connected properly	Install the magnetron into the right position
	E01- communication fault (the electronic meter signal cannot be received by the drive); E13- communication fault (the electronic meter does not receive the signal of the drive)	A. The signal lines of the electronic meter is not well plugged or poor connection	Plug the lines again
		B. The signal lines are damaged or there is short circuit or open circuit	Replace the signal lines
		C. line fault of the electronic meter signal	Replace the electronic meter
		D. line fault of the drive	Replace the drive
	E02-stalling protection (explosion-proof protection or the major motor is abnormal)	A. The motor lines are not well connected or the motor inside is open circuit	Plug the motor line again or replace the motor
		B. The puncture and damage of the drive IGBT	Replace the drive
		C. The voltage of the outside AC current is too low	Stop using and let the electrician eliminate the fault
	E04-hoisting self-checking learning failure(with hoisting drive)	A. The motor lines of the motor or the signal lines are not well plugged	Check whether the lines are wrong connected or not, plug the lines again
		B. Bad hoisting motor	Replace hoisting motor
		C. Bad drive	Replace the drive
	E05-overcurrent protection	A. Overload	Systematic protection, restart if there is man-made lock
		B. The transmission parts are stuck or impeded	Adjust the transmission parts or add lubrication oil
		C. The motor inside is short circuit	Replace the motor
		D. Burnout of the drive	Replace the drive
	E06-generally is open circuit of the motor	A. Not well plugged of the motor line	Plug the motor line again
		B. The motor inside is open circuit	Replace the motor
		C. The motor is idling	Error report of undercurrent; Please assembly and test the machine.
	E10-generally the moment peak value of the motor is abnormal and overcurrent protection	A. The torque of the drive is overlarge	Adjust the torque potentiometer to the proper location
		B. The motor inside is short circuit	Replace the motor
		C. The transmission parts are stuck	Adjust the transmission parts or add lubrication oil

XI. Precautions for exercise

Warm-up: Before each exercise, it is necessary to take 5~10 min to do the warming up, including the warm-up (including the

stepping machine, treadmill, rowing machine and exercise bike) and stretching (stretch the muscles in the training part and bend the joints) to prevent the sport injury.

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

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

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

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

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

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

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