Motorized Treadmill A900

Operating Instructions Manual

IRONTEC



Special tips:

1.Before installation and operation, please read this operation manual carefully.
2.Please save this manual for future reference.
3.Product may vary slightly from the item pictures due to model upgrades.

WARNING - Read all instructions before using this treadmill. It is important your treadmill receives regular maintenance to prolong its useful life. Failing to regularly maintain your treadmill may void your warranty.

Danger–To reduce the risk of electric shock disconnect your treadmill from the electrical outlet prior to cleaning and/or service work.

DO NOT USE AN EXTENSION CORD: DO NOT ATTEMPT TO DISABLE THE GROUNDED PLUG BY USING IMPORPER ADAPTERS OR IN ANY WAY MODIFY THE CORD SET.

1) Install the treadmill on a flat level surface with access to correct voltage and frequency, grounded outlet.
2) Do not operate treadmill on deeply padded, plush or shag carpet. Damage to both carpet and treadmill may result.
3) Do not block the rear of the treadmill. Provide a minimum of 1 meter clearance between the rear of the treadmill and any fixed object.
4) Place your unit on a solid, level surface when in use.
5) Never allow children on or near the treadmill.
6) When running, make sure the plastic clip is fastened on your clothing. It is for your safety, should you fall or move too far back on the treadmill.
7) Keep hands away from all moving parts.
8) Never operate the treadmill if it has a damaged cord or plug.
9) Keep the cord away from heated surfaces.
10) Do not operate where aerosol spray products are being used or where oxygen is being administered. Sparks from the motor may ignite a highly flammable environment.
11) Never drop or insert any object into any openings.
12) The treadmill is intended for in-home use only and not suitable for long time running.
13) To disconnect, turn all controls to the off position, remove the safety key, and then remove the plug from the outlet.
14) The pulse sensors are not medical devices. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The pulse sensors are intended only as exercise aids in determining heart rate trends in general.
15) Use handrails provided; they are for your safety.
16) Wear proper shoes. High heels, dress shoes, sandals or bare feet are not suitable for use on your treadmill. Quality athletic shoes are recommended to avoid leg fatigue.
17) Allowed temperature: 5 to 40 degrees.

Remove the safety key after use to prevent unauthorized treadmill operation.

WARNING!

1) NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.

2) NEVER operate treadmill on Generator or UPS power supply.

3) NEVER remove any cover without first disconnecting AC power.

4) NEVER expose this treadmill to rain or moisture. This treadmill is not designed for use outdoors, near a pool, or in any other high humidity environment.

1) Insert the power plug into the socket directly.

2) The constant running time is less than 2 hours. Be sure to read the entire manual before operating your machine.

3) Understand that changes in speed and incline do not occur immediately. Set your desired speed on the computer console and release the adjustment key. The computer will obey the command gradually.

4) Use caution while participating in other activities while walking on your treadmill; such as watching television, reading, etc. These distractions may cause you to lose balance or stray from walking in the Centre of the belt; which may result in serious injury.

5) In order to prevent losing balance and suffering unexpected injury, NEVER mount or dismount the treadmill while the belt is moving. This unit starts with a very low speed. Simply standing on the belt during slow acceleration is proper after you have learned to operate this machine.

6) Always hold on to handrail while making control changes.

7) A safety key is provided with this machine. Remove the safety key will stop the walking belt immediately; the treadmill will shut off automatically. Insert the safety key will reset the display.

8) Do not use excessive pressure on console control keys. They are precision set to function properly with little finger pressure.

9) This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety, Children should be supervised to ensure that they do not play with the appliance.

10) Please consult your doctor at first before running, if you have one of the following diseases:

a. Cardiopathy, hypertension, sugar diabetes, respiratory disease, smoking, and other chronic diseases, complication disease.

b. If you are over 35 years old and heavier than common weight.

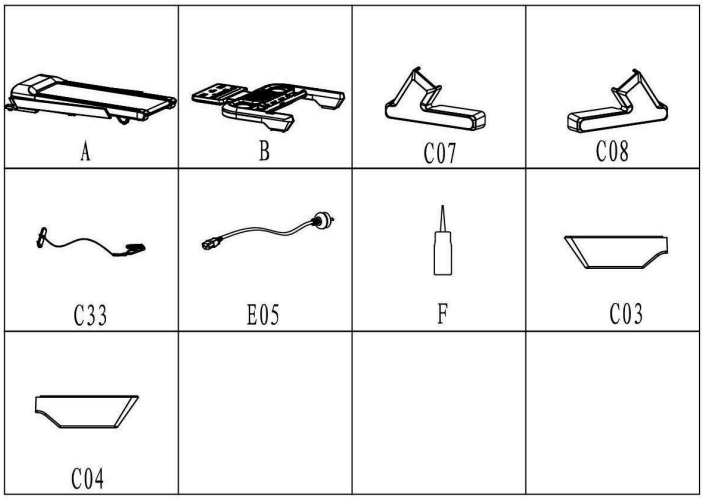
c. Women in pregnant or in breasting period.

11) Please stop exercising immediately and consult your doctor when you feel giddy, surfeit, thorax ache or other symptoms.

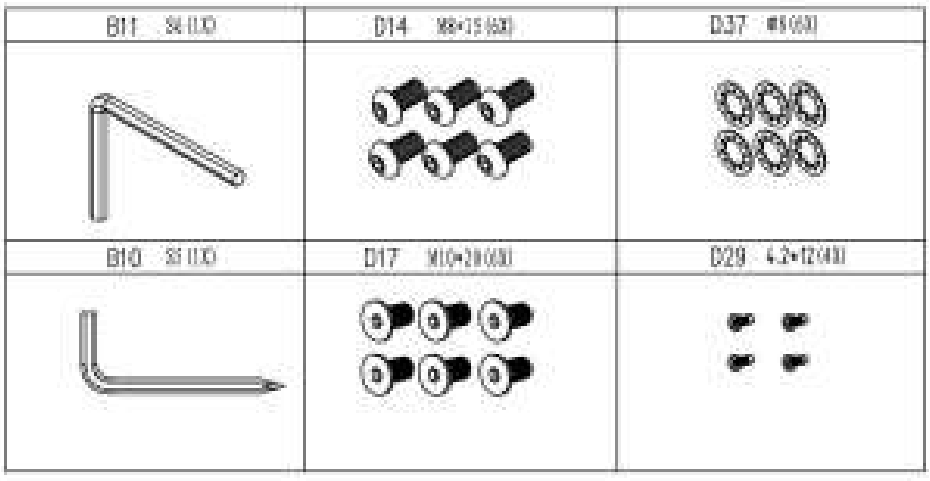
12) Please drink adequate water after taking exercises on our treadmill for more than 20 minutes.

Warning: Now here we suggest that you should consult with your physician or health professional before starting your workout, especially for the age up to 35 old or once-health problem people. We take no responsible for any troubles or hurts if you don't following our specification. Treadmill will be carefully assembled and covered the motor shield, then connect to the power.

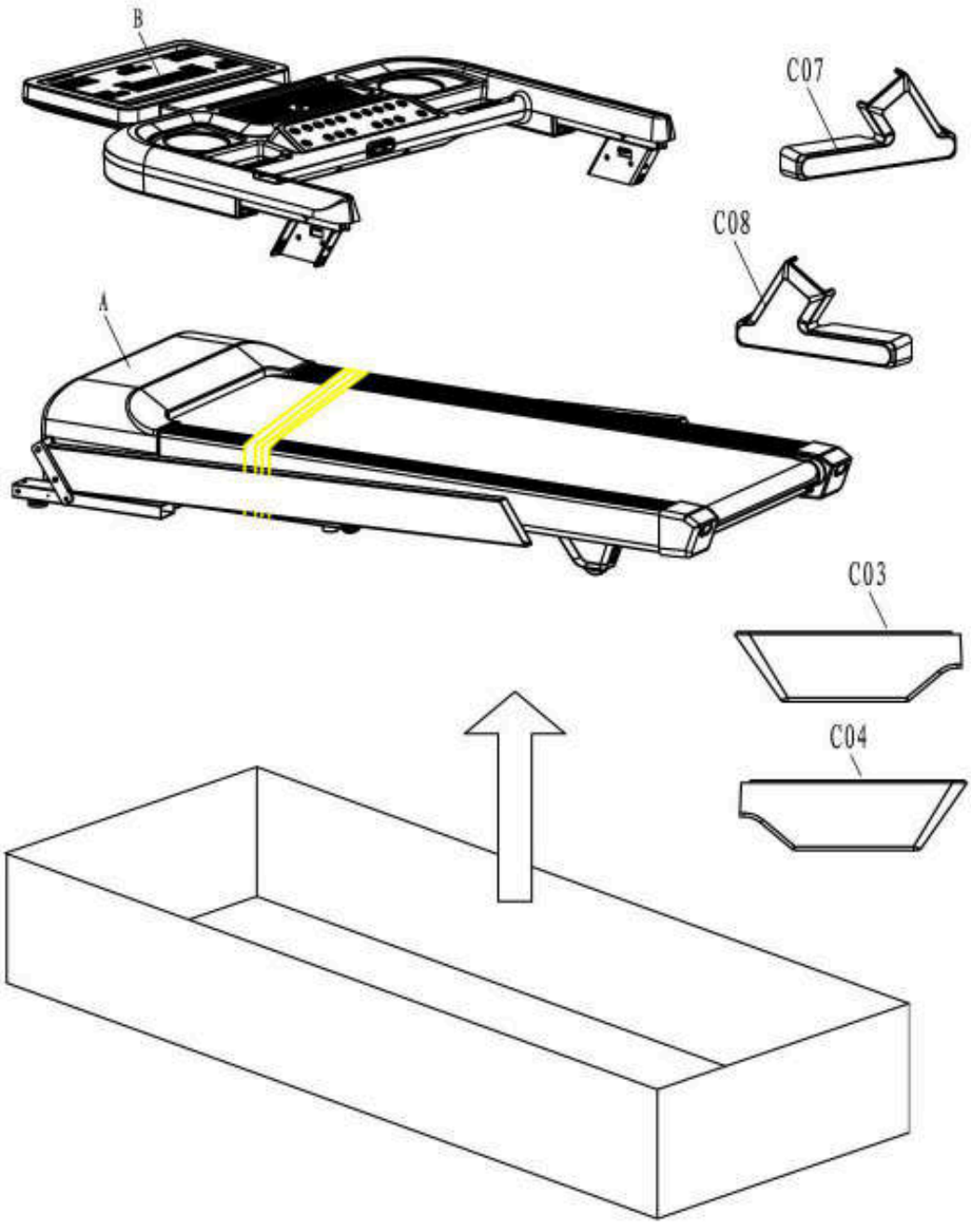
When you open the carton, you will find the below spare parts:



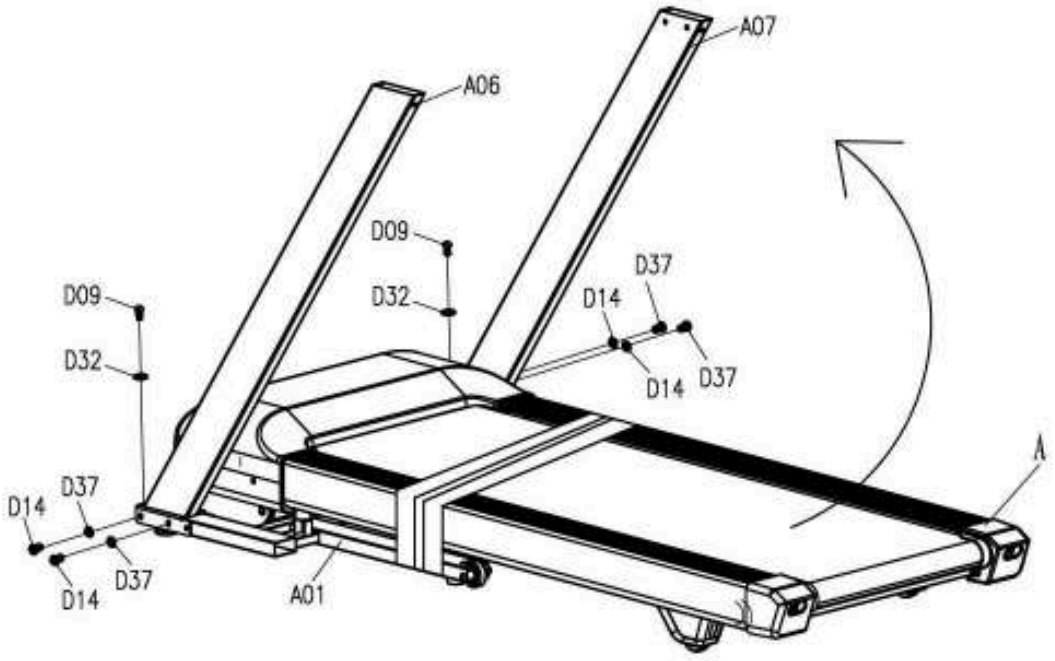
NO.	DES.	Specification	Nos.
A	Main frame		1
B	Console assembly		1
C07	Left bottom cover		1
C08	Right bottom cover		1
C33	Safety key		1
E05	Power wire		1
F	Silicon oil		1
C03	Left upright tube decorative cover		1
C04	Right upright tube decorative cover		1



B-1



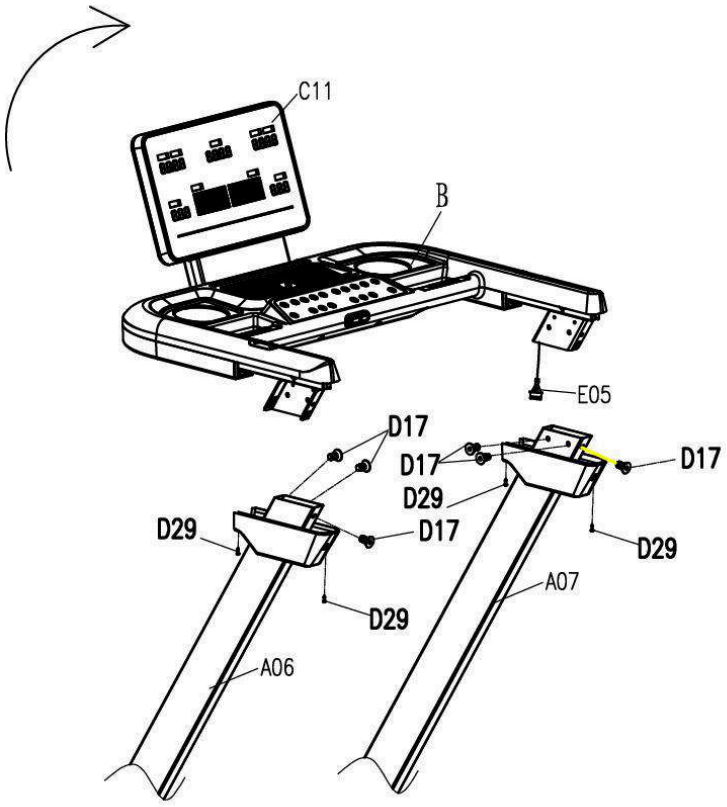
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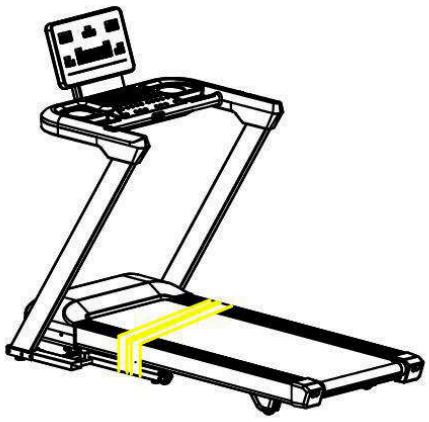


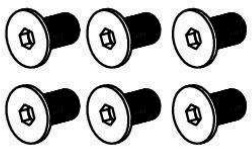
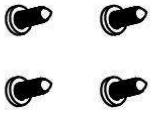


B10 5#(1X)	D14 M8*15(6X)
	
D37 φ8(6X)	
	

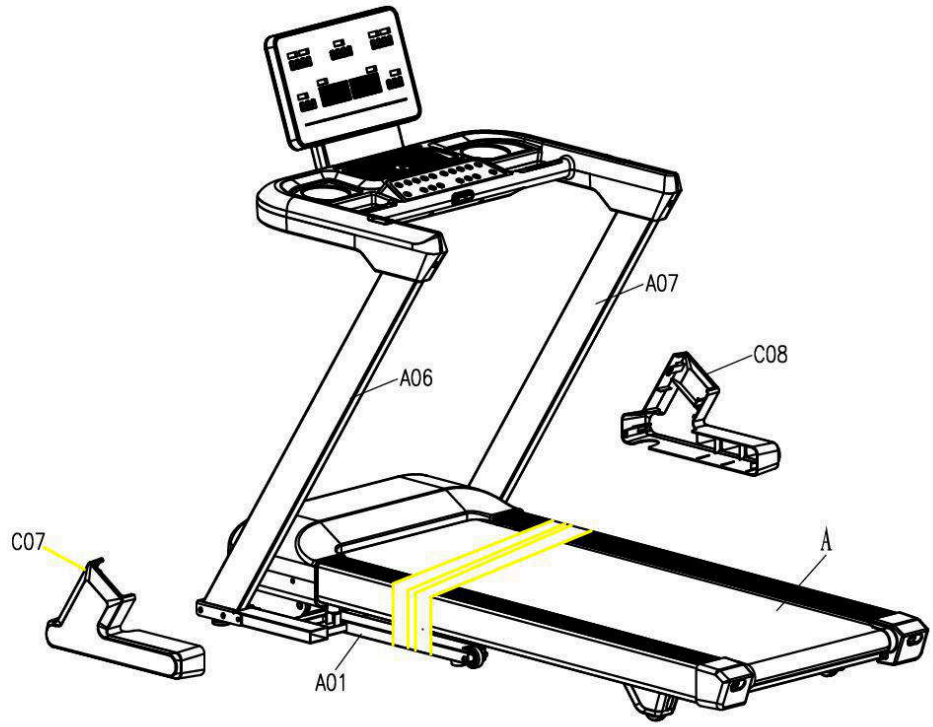
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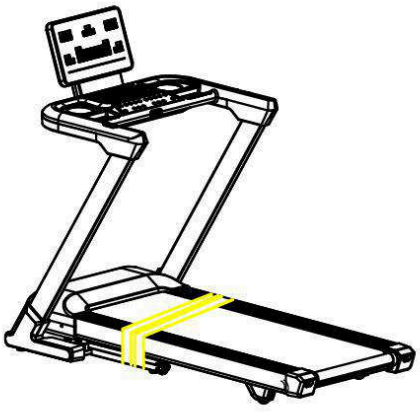




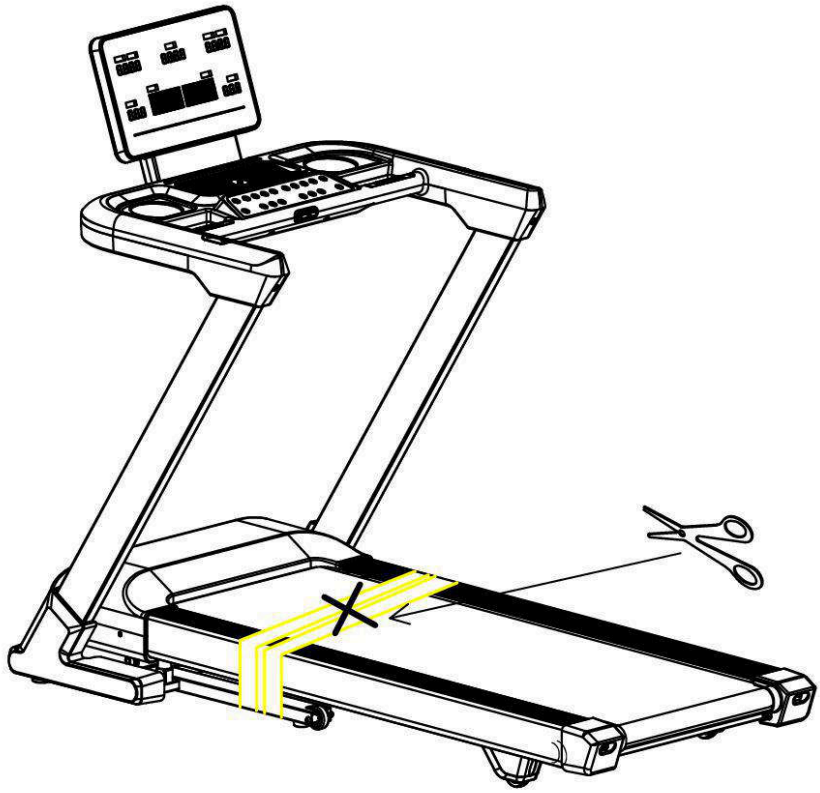
B10 5#(1X)	D17 M8*16(6X)
	
D29 4.2*12(4X)	
	

B-4



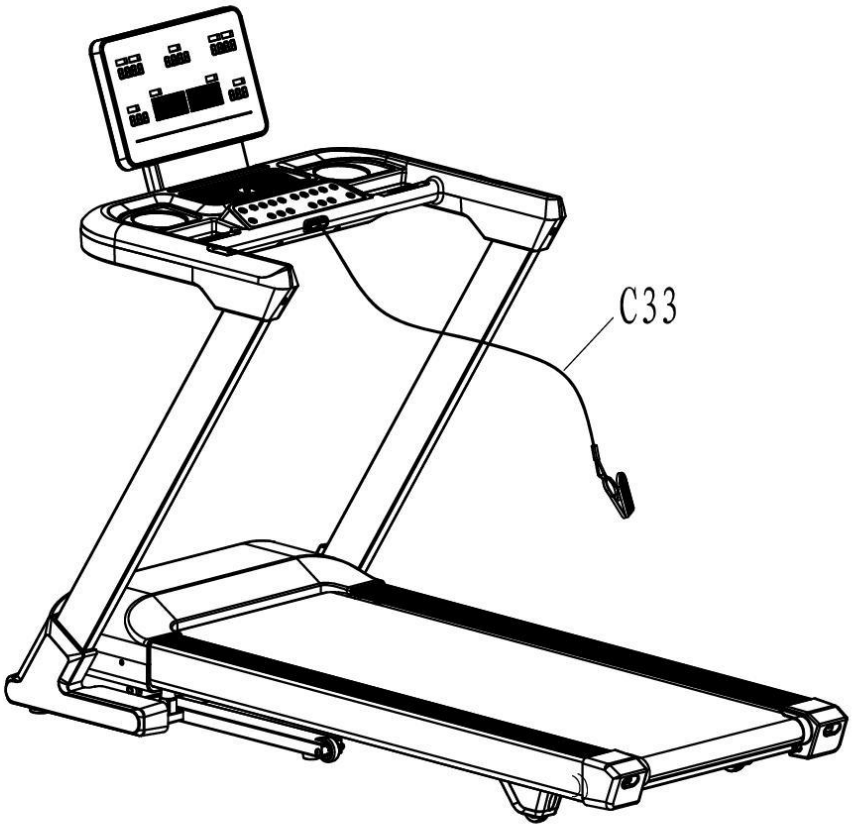


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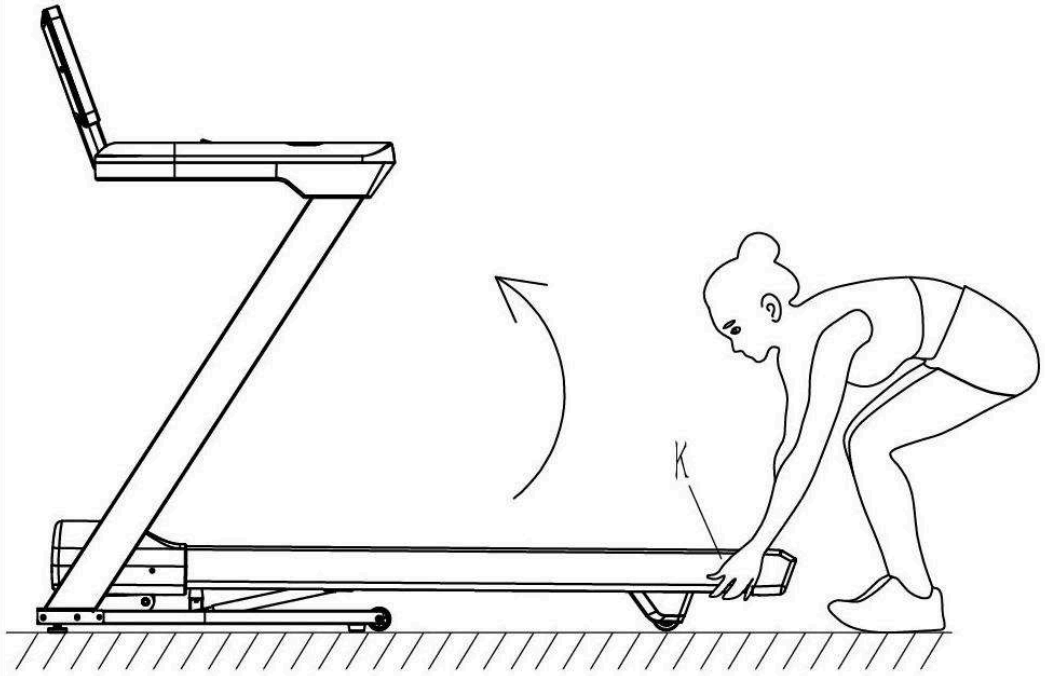


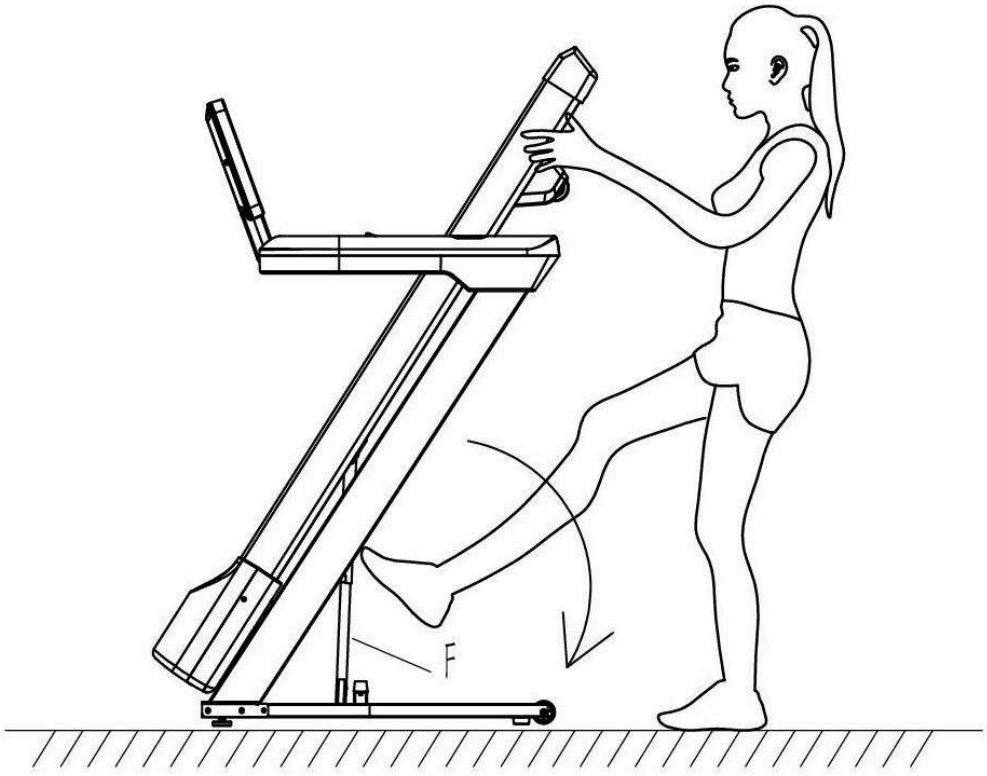


B-6

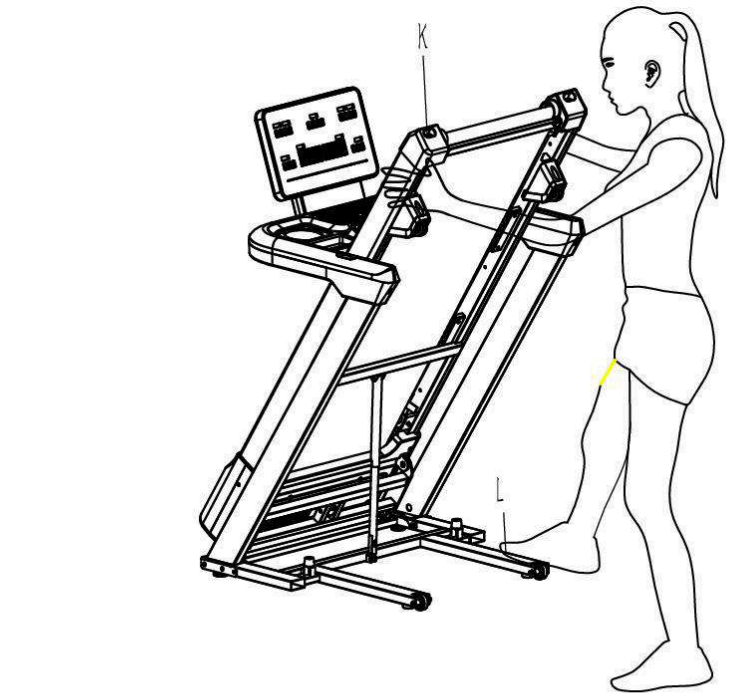


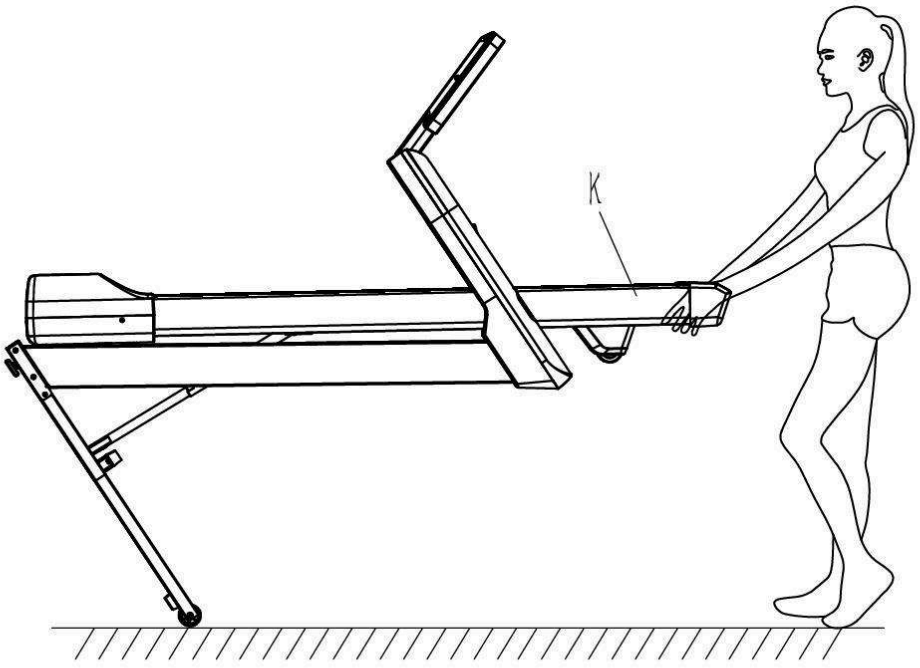
C-1





C-2





WARNING: This treadmill requires a right power source in order to properly operate. For your safety, as well as the safety of others, please verify that the power source is correct before plugging the equipment. Any incorrect power source could cause significant damage to the equipment and or user.

GROUNDING METHODS:

This product must be grounded. Grounding provides the least resistance for electrical current and will reduce the risk of electric shock. The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances. Ensure that the product is connected to an outlet which contains the same configuration as the plug. Do not use an adaptor for this product.

This product is for use on a nominal circuit and has a grounding plug that looks like the plug illustrated in sketch A. Make sure that the product is connected to an outlet having the same configuration as the plug. No adapter should be used with this product.

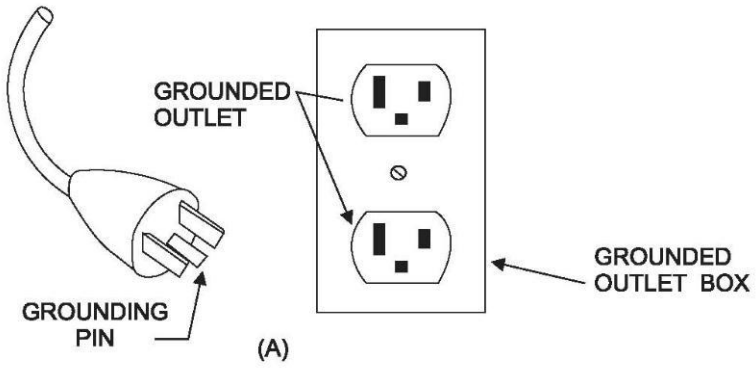
DANGER:

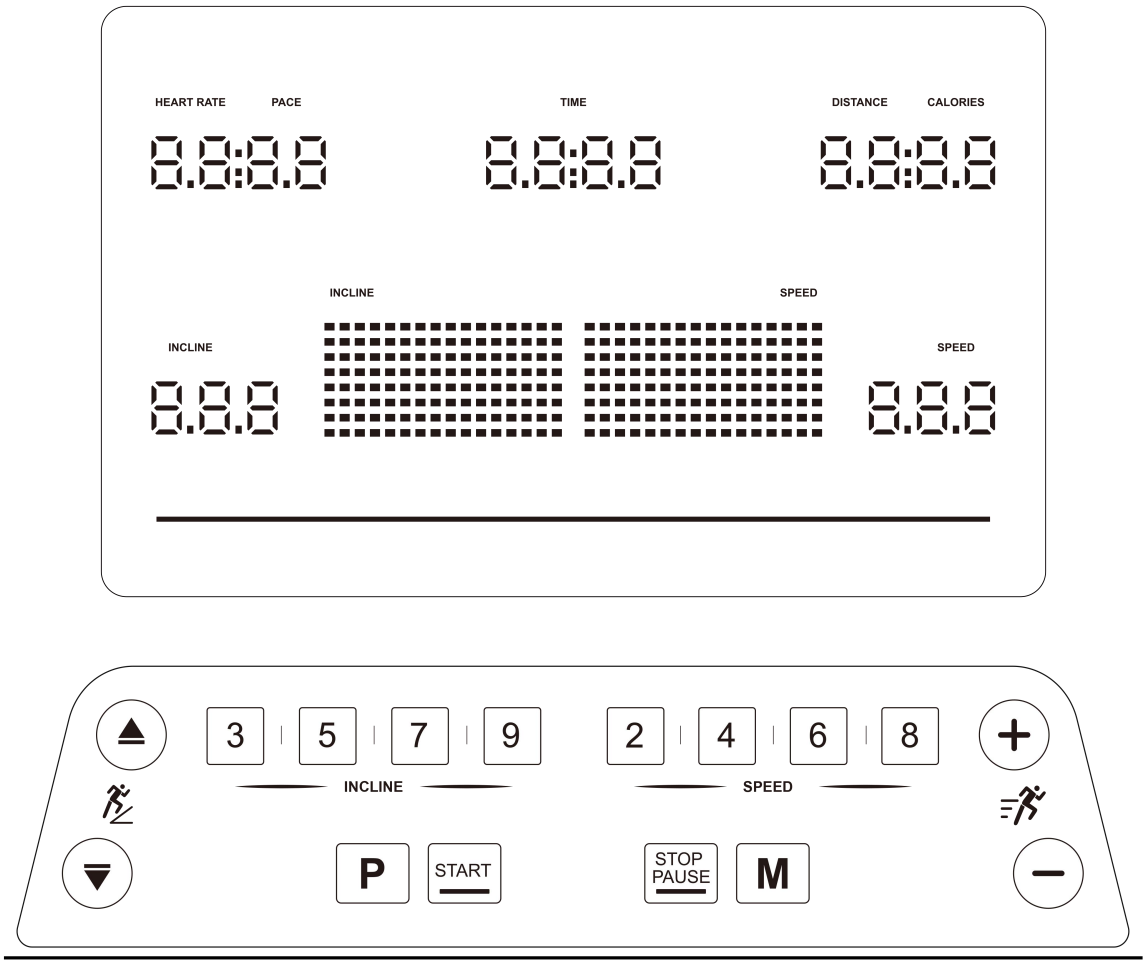
Improper connection of the equipment-grounding conductor can result in risk of electric shock. Check with a certified electrician if you are in doubt as to whether the product is properly grounded. Do not modify the plug provided with the product. If it will not fit the outlet, have a proper outlet installed by an electrician.

WARNING!

1. NEVER use a ground fault circuit interrupt (GFCI) wall outlet with this treadmill. Route the power cord away from any moving part of the treadmill including the elevation mechanism and transport wheels.
2. NEVER operate the treadmill using a generator or UPS power supply.
3. NEVER remove any cover without first disconnecting power.
4. NEVER expose the treadmill to rain or moisture. This treadmill is not designed for use outdoors, near pools or in any other high humidity environment.

Grounding methods





BUTTON FUNCTIONS:

1. INCLINE ∧: Press this button to increase the incline.
2. INCLINE ∨: Press this button to reduce the incline.
3. INSTANT INCLINE: Press 3,5,7,9 to choose incline quickly.
4. INSTANT SPEED: Press 2,4,6,8 to choose speed quickly.
5. P button: Press this button to choose between 24 programs ,U1-U3 and FAT (body fat).
6. START : Press this button to start the machine.
7. STOP/PAUSE: Under running mode, press this button to pause the machine, the window will display PAU, under pause mode press this button to Stop the machine.
8. M mode: Press this button to choose between time, distance, calories workout targets.
9. SPEED + : Press this button to increase the speed.
10. SPEED - : Press this button to reduce the speed.

MEDIA HUB :

1. Type C slot: charging your device.

2.BLUETOOTH MUSIC: You can connect your mobile device to the treadmill to play music. You choose music and adjust the volume of the music using your device.

2.1 You can connect your device by using Bluetooth.

2.2 From your mobile device, select **BT name start with FS-******-A** from the list of available devices and connect.

2.3 If the mobile device receives a phone call while it is connected using Bluetooth, the treadmill Bluetooth will automatically disconnect. Once the phone call is finished, the Bluetooth will connect automatically again and continue to play music.

3. App connection:

- Kinomap App connection

- Click FS (Fitshow) icon is “My treadmill” interface
- Select Bluetooth name start with FS for connectionl

- Zwift App connection

- Select Bluetooth name start with FS for connection

- Fitshow App connection

- Select treadmill model name or brand name for connection

4.wireless charging: put your device which with wireless charging function on the charging area, then the device will be charging.

COMPUTER FUNCTIONS:

1. Hear rate /Pace: Display user’s heart rate, this date is just for reference, can not be regarded as medical use.Hold the hand pulse sensor by both hands,the console will show user’s pulse value after about 5 seconds. Or Display the time required per kilometer. Switch display every 5 seconds.

2. TIME: Display the time you have run.
3. Distance/ Calories: Display distance you have run or display the calories has consumed. Switch display every 5 seconds.
4. Incline; Display current incline.
5. Speed: Display current speed.
6. Matrix window: left one display current incline data, right one display current speed data.
7. Light strip: light color will change accordingly speed. Under standby mode is Blue color.
   speed under 6.0 km/h is Green color,
   speed from 6.0 km/h to 11.9 km/h is Blue color,
   speed above 12km/h is Red color,

8.MODE: Press M button to enter TIME, DISTANCE, CALORIES.

-From standby mode, press M button, the corresponding light of TIME, DISTANCE, CALORIES will come on, select between TIME, DISTANCE, CALORIES.

-Press SPEED+/- or INCLINE+/- to set the workout target value.

-Press Start button, treadmill will run after 3 seconds.

-Press SPEED+/- to adjust the speed.

-Press INCLINE+/- to adjust the incline.

9.PROG.: Press P button to enter 24 programs ,3 users programs and body fat setting.

9.1 Set of 7 build-in programs: From standby mode, press P button, console will show 24 programs, select between 24 programs.

- press SPEED+/- or INCLINE+/- to set the workout target time.

-Press Start button, treadmill will run after 3 seconds.

-Each program can be divided into 16 sections; machine will beep 1 times when starting a new section.

-Press SPEED+/-or INCLINE+/- to change the speed and incline during each section.

-Machine will beep 6 times and stop when the program is finished.

Time Program		Setting time/16 =each section running time															
		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
P1	SPEED	2	4	3	4	3	5	4	2	5	3	4	3	4	5	4	2
	INCLINE	1	2	3	3	1	2	2	3	2	2	2	3	3	2	2	3
P2	SPEED	2	6	7	8	3	6	8	7	5	2	6	7	8	6	8	7
	INCLINE	1	2	3	3	2	2	3	4	2	2	2	3	3	2	3	4
P3	SPEED	3	8	3	8	5	9	5	9	12	6	8	3	8	9	5	9
	INCLINE	1	3	5	7	9	10	8	6	5	2	3	5	7	10	8	6
P4	SPEED	8	10	11	12	12	11	10	10	9	8	10	11	12	11	10	10
	INCLINE	1	2	2	3	1	2	2	2	2	1	2	2	3	2	2	2
P5	SPEED	6	10	12	9	11	8	12	7	9	3	10	12	9	8	12	7
	INCLINE	1	2	4	3	2	2	4	5	2	1	2	4	3	2	4	5
P6	SPEED	2	8	6	10	10	9	11	8	5	3	8	6	10	9	11	8
	INCLINE	2	2	3	2	3	4	5	6	5	3	2	3	2	4	5	6
P7	SPEED	2	6	7	9	7	9	6	5	4	2	6	7	9	9	6	5
	INCLINE	4	5	6	6	9	9	10	12	6	3	5	6	6	9	10	12
P8	SPEED	2	4	6	8	7	8	9	6	4	2	4	6	8	8	9	6
	INCLINE	3	5	4	4	3	4	4	3	3	2	5	4	4	4	4	3
P9	SPEED	2	4	5	7	6	5	8	6	3	2	4	5	7	5	8	6
	INCLINE	3	5	3	4	2	3	4	2	3	2	5	3	4	3	4	2
P10	SPEED	2	3	5	3	3	5	3	6	3	3	3	5	3	5	3	6
	INCLINE	4	4	3	6	7	8	8	6	3	3	4	3	6	8	8	6
P11	SPEED	2	5	8	10	6	9	5	3	2	2	5	8	10	9	5	3
	INCLINE	1	3	5	8	10	7	6	3	2	3	3	5	8	7	6	3
P12	SPEED	2	5	5	4	4	6	4	2	3	4	5	5	4	6	4	2
	INCLINE	3	5	6	7	12	9	11	11	6	3	5	6	7	9	11	11
P13	SPEED	2	7	4	7	8	9	4	5	3	2	7	4	7	9	4	5
	INCLINE	5	6	6	4	6	5	8	9	4	2	6	6	4	5	8	9
P14	SPEED	2	6	5	4	8	6	5	2	3	3	6	5	4	6	5	2
	INCLINE	5	6	5	8	4	5	5	10	6	3	6	5	8	5	5	10
P15	SPEED	2	6	5	4	8	7	5	3	3	2	6	5	4	7	5	3
	INCLINE	3	4	5	6	3	5	5	6	4	3	4	5	6	5	5	6
P16	SPEED	2	5	7	5	8	6	5	2	4	2	5	7	5	6	5	2
	INCLINE	1	5	6	8	12	9	10	9	5	3	5	6	8	9	10	9
P17	SPEED	2	5	6	7	8	9	8	5	3	4	5	6	7	9	8	5
	INCLINE	3	5	6	8	6	5	8	7	5	3	5	6	8	5	8	7
P18	SPEED	2	3	5	6	8	6	9	6	5	2	3	5	6	6	9	6
	INCLINE	5	7	5	8	6	5	9	10	6	2	7	5	8	5	9	10
P19	SPEED	3	7	6	5	9	7	6	3	5	2	7	6	5	7	6	3
	INCLINE	3	5	6	8	5	6	5	12	8	3	5	6	8	6	5	12
P20	SPEED	3	7	9	10	11	12	10	8	5	2	7	9	10	12	10	8
	INCLINE	2	5	6	7	6	5	8	6	3	2	5	6	7	5	8	6
P21	SPEED	3	6	8	7	9	10	5	8	3	2	6	8	7	10	5	8
	INCLINE	3	6	8	9	9	6	8	10	6	3	6	8	9	6	8	10
P22	SPEED	3	5	8	6	9	10	8	12	6	3	5	8	6	10	8	12
	INCLINE	2	6	8	10	12	10	12	8	5	2	6	8	10	10	12	8
P23	SPEED	3	5	9	11	12	8	6	5	3	2	5	9	11	8	6	5
	INCLINE	2	6	8	10	9	7	8	10	6	3	6	8	10	7	8	10
P24	SPEED	3	8	10	11	12	10	10	8	5	3	8	10	11	10	10	8
	INCLINE	3	6	8	9	10	12	9	6	3	2	6	8	9	12	9	6

9.2 Set of 3 users programs: From standby mode, press P button, console will show 3 users programs, select between 3 users programs.

-Press SPEED+/- or INCLINE+/- to set the workout target time.

-Press M button to confirm and set the speed and incline value during each section.
-Press Start button, treadmill will run after 3 seconds.
-Each program can be divided into 16 sections; machine will beep 1 times when starting a new section.
-Press SPEED+/-or INCLINE+/- to change the speed and incline during each section.
-Machine will beep 6 times and stop when the program is finished.

9.3 Set of body fat test: From standby mode, press P button until you get to FAT.
-Press Mode button to enter information from F-1 to F-4(F-1 GENDER, F-2 AGE, F-3 HEIGHT, F-4 WEIGHT);
-Set value with SPEED+/- or INCLINE+/-
-After setting of F1-f4, press Mode button to enter F-5(F—5 BODY FAT TEST), hold hands on the hand pulse sensor, the console will display your body fat value after 3 seconds.

-The body fat value is intended as a guide, and is not medical data:

F-1	Gender	01 male	02 female
F-2	Age	10-99	
F-3	Height	100-200CM	
F-4	Weight	20-150KG	
F-5	FAT	＜19	Under weight
	FAT	=(20---25)	Normal weight
	FAT	=(26---29)	Overweight
	FAT	≥30	Obesity

LUBRICATION REMIND FUNCTION

This machine has lubrication remind function. After every total running distance of 300km , treadmill screen will remind with lubrication. Please read the user's manual first, and add the oil to the middle part of running board. After you finishing lubrication, please hold on "STOP" button for 3 seconds, and the system warning sound will disappear.

SAFETY REMINDING

For your safety, please do not look website or video when you are running.

ENERGY SAVING FUNCITON

To reduce energy consumption, this treadmill will enter into sleeping mode if without any operation for 10 minutes. The screen will give reminding before enter into sleeping mode. Once machine enter sleeping mode, please take off safety key and insert again to awaken the system.

POWER ON （I） AND POWER OFF （O）

Switch off the power: You can switch off the power to stop the treadmill, this will not cause problem to machine.

ERROR REMDING

If treadmill shows any error information, please contact with professional after-sales persons to solve the problem.AINTENANCE & CARE

General cleaning will help prolong the life and performance of your treadmill. Keep the unit clean and maintained by dusting the components on a regular basis. Clean both sides of the running belt to prevent dust from accumulating underneath the belt. Keep your running shoes clean so that dirt from your shoes does not wear out the running board and belt. Clean the surface of the running belt with a clean damp cloth.

- To better maintain the treadmill and prolong its life it is suggested that the machine be powered off for 10 minutes every 2 hours and fully powered off whenever not in use.
- A loose Running Belt will result in the runner sliding off when running, while too tight of a Running Belt will result in decrease to the motors performance and also create more friction between the roller and running belts. The most suitable tightness for the belts is pulled out 50-75mm from the Running Board.

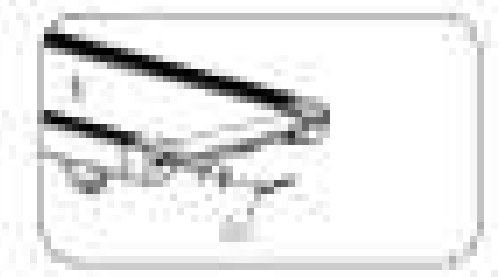
CENTERING THE RUNNING BELT:

Place the treadmill on level ground and set it at 6-8kph to check if the Running Belt drifts.

1. If the **Running Belt** moves to the **right**, turn the adjusting bolt on the right side ¼ turn clockwise, then turn the left adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure A.



2. If the **Running Belt** moves to the **left**, turn the adjusting bolts on the left side ¼ of a turn clockwise, then turn the right adjustment bolt ¼ turn counter-clockwise. If the belt does not move, repeat this step until it centers. Refer to figure B.



3. Over time the **Running Belt** will **loosen**. To tighten the belt turn the Left & Right side adjustment bolts one full turn clockwise, check the tension of the belt. Continue this process until belt is at the correct tension. Make sure to adjust both sides equally to ensure correct belt alignment. Refer to figure C.



IMPORTANT NOTE:

You will need to lubricate your treadmill before the first use.

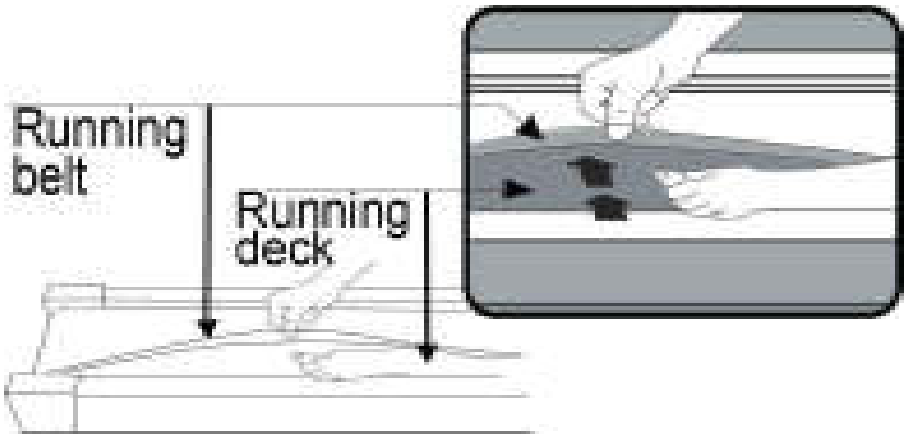
RUNNING BELTS & TREADMILL LUBRICANT:

Lubricating the running board and running belt is essential as the friction between the two affects the life span and function of the treadmill, therefore it is suggested that the running board and belt be inspected regularly.

WARNING: Always unplug the treadmill from the electrical outlet before cleaning, lubricating or repairing the unit.

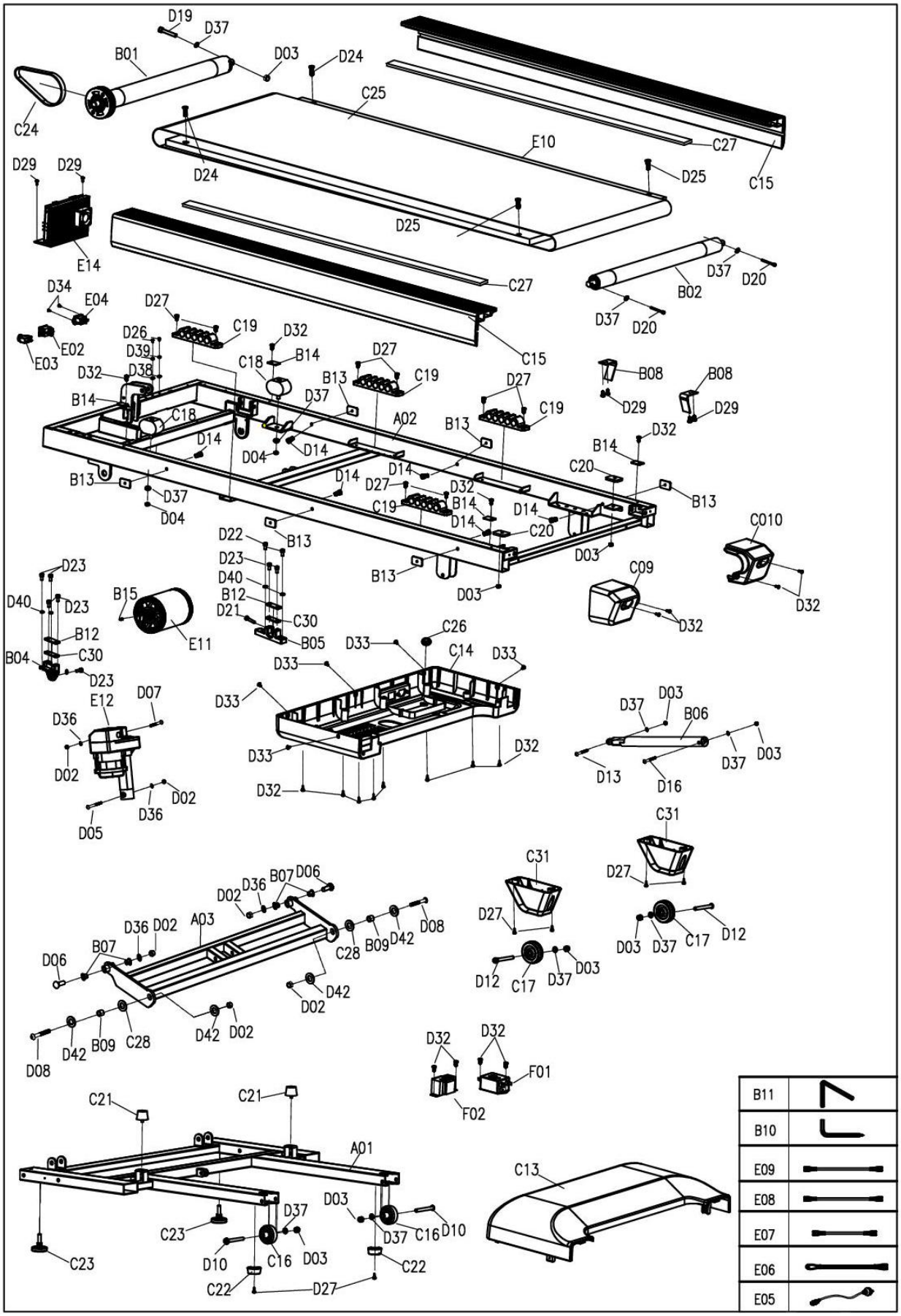
HOW TO LUBRICATE:

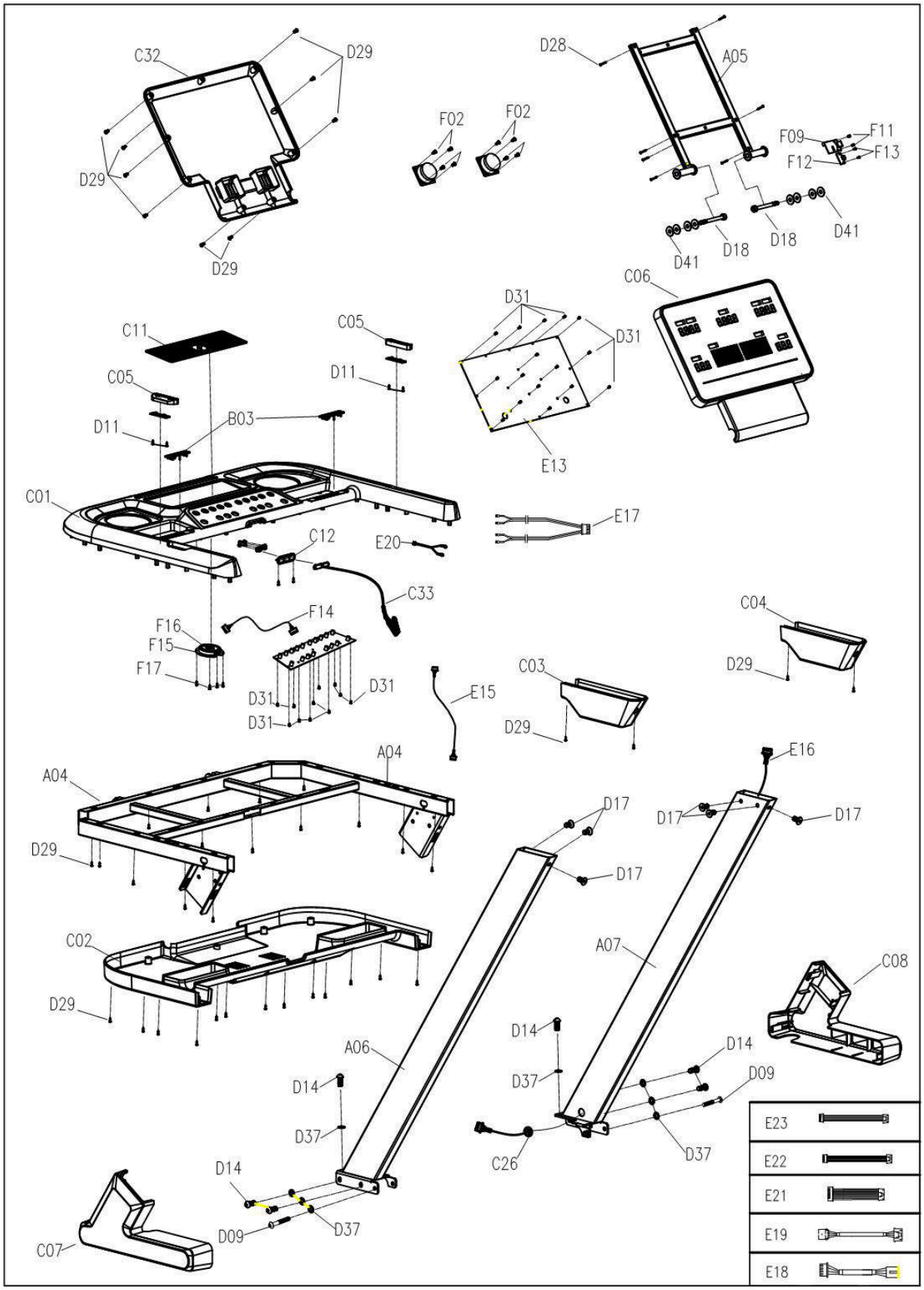
1. Raise the belt up on one side and apply lubricant to the running deck. Use a rag to thoroughly wipe the lubricant over the running deck. Repeat this process for the other side.
2. The moving parts should turn freely and quietly. Abnormality of moving parts will affect the safety of the equipment. Inspect and tighten bolts regularly.
3. To better maintain the treadmill and prolong its lifespan, it is suggested that maintenance be done on a regular basis.



The following time table is recommended:

Light user (less than 3 hours/ week)	*every six months*
Medium user (3-5 hours/ week)	*every three months*
Heavy user (more than 5 hours/ week)	*every two months*


D19
D37
B01
D03
D24
C25
C24
E10
C27
C15
D24
D29
D29
D25
D25
E14
C27
D37
D20
B02
D37
D20
D34
E04
D27
C19
D32
D26
D39
E02
E03
C18
B14
D27
D32
D38
B13
C19
B08
B08
B14
D37
D27
D29
D29
C18
C19
A02
B13
D14
D32
D14
D04
D14
B14
D14
C20
B13
D14
D27
D32
B13
D37
C19
B14
D14
D04
D14
C20
D03
C010
B13
D03
C09
D32
D32
D22
B13
D23
D23
D40
B15
D40
D23
D21
C30
E11
B12
B05
B04
C30
D33
C26
D23
D33
C14
D33
D33
D07
E12
D37
D03
D36
B06
D33
D32
D02
D37
D03
D32
D13
D16
D02
D36
D02
D05
C31
C31
D27
D27
D36
B07
D06
D02
D03
D37
C17
D12
D12
C17
D37
D03
A03
D36
D02
D08
B07
C28
B09
D42
D06
D42
D02
D02
D42
B09
C28
D08
D42
D02
D32
D32
F01
F02
C21
C21
A01
C13
D03
D37
C23
D37
C16
D10
C23
D10
C16
D03
C22
C22
D27
B11
B10
E09
E08
E07
E06
E05


C32
D29
D29
D29
F02
F02
D28
A05
F09
F11
F12
F13
D41
D18
D18
D41
C06
D31
D31
E13
C11
C05
C05
D11
D11
B03
C01
C12
E20
C33
E17
F16
F15
F17
F14
D31
D31
D31
E15
C03
D29
C04
D29
A04
A04
D29
D17
D17
D17
D17
E16
A07
C08
C02
D29
A06
D14
D37
D14
D09
D37
D14
D37
D14
D09
D37
C26
C07
E23
E22
E21
E19
E18

PARTS LIST

No.	Part description	Remark	Qty	No.	Part description	Remark	Qty
A01	Base frame		1	C16	Moving wheel		2
A02	Main frame		1	C17	Adjustable wheel		2
A03	Incline bracket		1	C18	Cushion		2
A04	Console bracket		1	C19	Middle cushion		4
A05	Panel support bracket		1	C20	Rubber pad cushion		2
A06	Left upright tube		1	C21	Cone shaped cushion		2
A07	Right upright tube		1	C22	Flat foot pad		2
B01	Front roller		1	C23	Adjustable foot pad		2
B02	Back roller		1	C24	Motor belt		1
B03	Pulse steel plate		4	C25	Running belt		1
B04	Motor fixed aluminum base L		1	C26	Ring protective plug		2
B05	Motor fixed aluminum base R		1	C27	EVA pad		2
B06	Air cylinder		1	C28	Plastic pad		2
B07	Incline bracket sleeve		4	C29	EVA pad		2
B08	Hook		2	C30	Motor fixing plate reinforcing pad		2
B09	Sleeve		2	C31	Adjustable wheel cover		2
B10	Wrench w/screw driver	S=13、14、15	1	C32	Panel bottom cover		1
B11	6# Allen wrench	6mm	1	D01	Nut	M10	2
B12	Motor fixing plate		2	D02	Nut	M10	6
B13	Side rail pressure plate		6	D03	Nut	M8	9
B14	Front and roller side rail pressure plate		4	D04	Nut	M6	2
B15	Grounding copper sheet		1	D05	Bolt	M10*90	1
C01	Console top cover		1	D06	Bolt	M10*55	2
C02	Console bottom cover		1	D07	Bolt	M10*45	1
C03	Left upright tube decorative cover		1	D08	Bolt	M10*30	2
C04	Right upright tube decorative cover		1	D09	Bolt	M8*80	2
C05	Handrail lamp cover		2	D10	Bolt	M8*70	2
C06	LED panel top cover		1	D11	Screw	ST2.9*10	4
C07	Left bottom cover		1	D12	Bolt	M8*40	2
C08	Right bottom cover		1	D13	Bolt	M8*30	1
C09	Left rear cover		1	D14	Bolt	M8*15	6
C10	Right rear cover		1	D15	Bolt	M6*38	6
C11	Silicone pad		1	D16	Bolt	M8*45	1
C12	Safety switch base		1	D17	Bolt	M10*20	6
C13	Motor top cover		1	D18	Bolt	M10*95	2
C14	Motor bottom cover		1	D19	Bolt	M8*60	1
C15	Side rail		2	D20	Bolt	M8*55	2

No.	Part description	Remark	Qty	No.	Part description	Remark	Qty
D21	Bolt	M6*60	1	E02	On-off switch		1
D22	Bolt	M6*20	2	E03	Overload protector		1
D23	Bolt	M6*12	7	E04	Power socket		1
D24	Bolt	M8*25	2	E05	Power wire		1
D25	Bolt	M6*32	2	E06	Ground wire		1
D26	Bolt	M5*12	2	E07	AC single wire	Brown 200	1
D27	Bolt	M5*12	14	E08	AC single wire	Brown 350	2
D28	Screw	ST4.2*20	7	E09	AC single wire	Blue 350	2
D29	Screw	ST4.2*12	47	E10	Running board		1
D30	Screw	ST2.9*8	6	E11	Brushless motor		1
D31	Screw	ST2.9*6	27	E12	Incline motor		1
D32	Screw	ST4.2*12	16	E13	Console		1
D33	Screw	ST4.2*12	5	E14	Control board		1
D34	Screw	ST2.9*8	2	E15	Console top wire		1
D35	Screw	ST2.0*6	4	E16	Console bottom wire		1
D36	Lock washer	10	4	E17	Hand pulse connection wire		1
D37	Lock washer	8	19	E18	Motherboard connection wire		1
D38	Lock washer	5	2	E19	Adapter board connection wire		1
D39	Spring washer	5	2	E20	Safety key connection wire		1
D40	Flat washer	6	6	E21	Keyboard connection wire		1
D41	Flat washer	φ10*φ26*2.0	8	E22	Instant speed button wire		1
D42	Flat washer	φ10*φ26*2.0	4	E23	Instant incline button wire		1
E01	Magnetic core		1				

Optional parts

F01	filter		1	F09	USB modular		1
F02	inductance		1	F10	USB connection wire		1
F03	screw	ST2.9*6	4	F11	Screw	ST2.9*8	2
F04	AC single wire		1	F12	Type-c charging connection wire		1
F05	Grounding wire		1	F13	Screw	ST2.9*8	2
F06	screw	ST4.2*12	4	F14	Wireless charging pad connection wire		1
F07	Speaker		2	F15	Wireless charging pad		1
F08	Screw	ST2.9*8	8	F16	Wireless charging base		1

PROBLEM	POSSIBLE CAUSE	SUGGESTED ACTION
Treadmill will not start	Not plugged in	Plug cord into outlet
	Safety Key not inserted	Insert Safety Key
Running belt not centered	Running belt tension not correct on the left or right sides of the running board	Tighten the adjustment bolts on the left and right side of the rear roller
Computer not working	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board.
	Transformer is damaged	If the transformer is damaged, contact customer service.
E01 or E15: Message failure	Wires from the computer and bottom control board not properly connected.	Check wire connections from the computer to the control board. If the wire has been punctured or damaged, you will need to replace it. If the problem is not rectified, you may need to replace the control board or the console.
E03: No speed sensor signal	Speed sensor signal cannot be received by the control board.	Check if the speed sensor port is well connected, if loose connection, please connect. Check to see if the speed sensor is damaged, replace if necessary. Check the control board, replace if damaged.
E04: Incline failure	The incline motor is damaged or the wire for the incline motor is not connected properly or has become damaged	Re-connect or replace the wire for the incline motor. Replace the incline motor with a new one.
E05: Over voltage fault	The incoming voltage is too high.	Check the incoming voltage to ensure it’s correct.
E06: Current overload protection (Self Protecting System)	The control board or motor is damaged.	Check the motor, replace if damaged. Check the control board, replace if damaged.
E08: Overheat fault	The temperature is too high. The control board is damaged.	Stop using and wait some moment, and continue to use the machine after the temperature drops. Check the control board, replace if damaged.