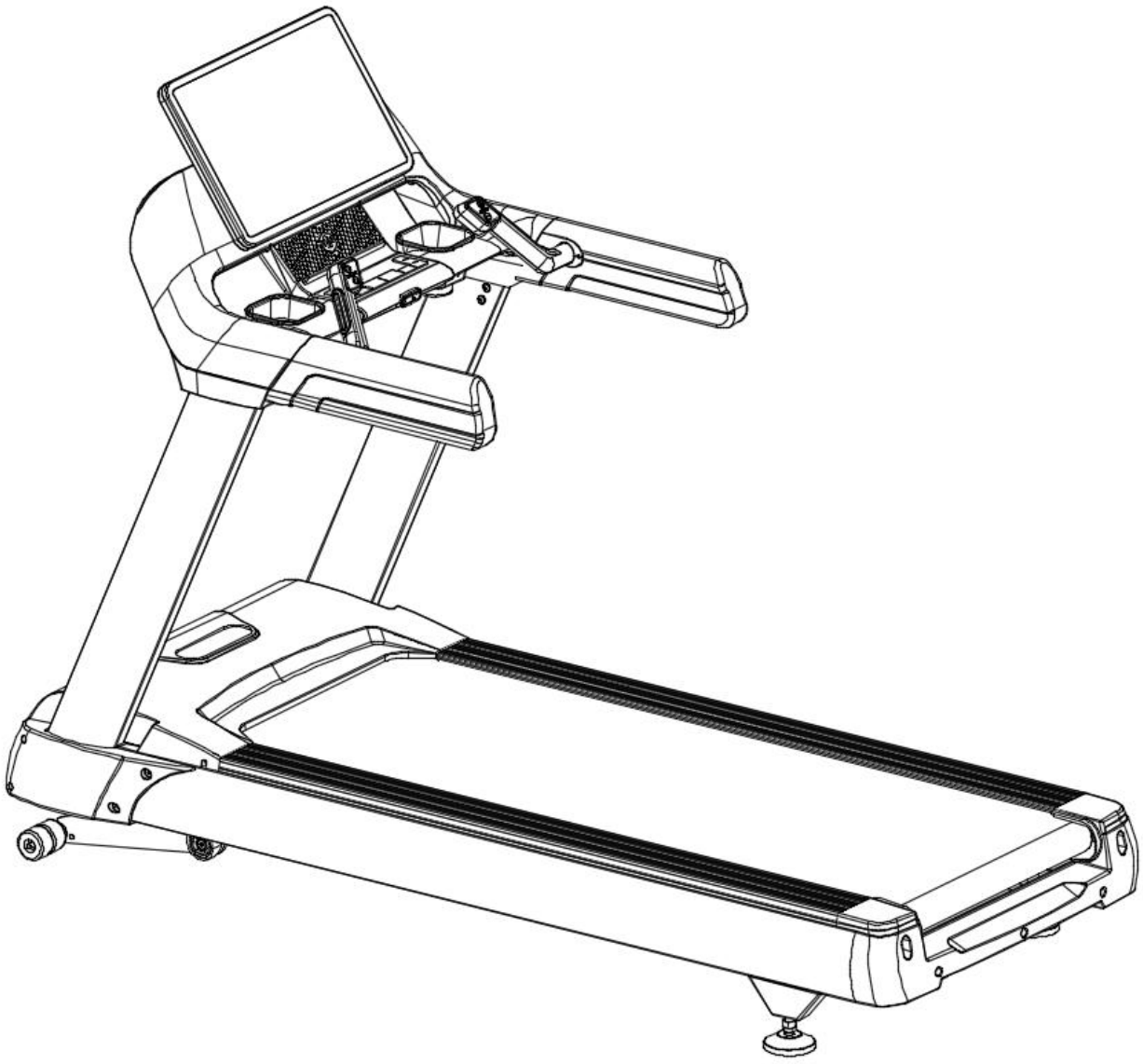
User Manual For
Motorized Treadmill
IV140



⚠	Please read all precautions and instructions in this manual in detail before using this equipment. Save this manual for future reference.

SAFETY CAUTIONS

When using this product, basic precautions should always be followed, including the following:

Please read the instruction carefully before starting to use this product.

Danger – To reduce the risk of electric shock：

1. Always unplug this product from the electrical outlet immediately after using and before cleaning.

Warning – To reduce the risk of burns, fire, electric shock, or physical injury：

1. The product should never be left unattended while plugged in. Unplug the product from the outlet when not in use.
2. Close supervision is necessary when this product is used by or near children, invalids, or disabled persons.
3. Be sure to use the product only for its intended use as described in this manual. Do not use any attachment not recommended by the manufacturer in order to avoid any danger or accidents.
4. Never operate the product if it has a damaged cord or plug, if it is not working properly, if it has been damaged, or dropped into water. Please return the product to the service center of seller for examination and repair.
5. Do not carry this product by the supply cord or use the cord as a handle.
6. Keep the cord away from hot surfaces or ground.
7. Never operate the product with the air vents blocked. Keep the air vents free of lint, hair, etc.
8. Never drop or insert any objects into any openings.
9. Do not use or operate outdoors.
10. Do not operate where aerosol (spray) products are being used or where oxygen is thin.
11. Before turning the product power off, turn all controls to the off position then remove the plug from the outlet.
12. Connect the product to a properly grounded outlet only.
13. When user is using the treadmill, it cannot be folded at the same time.
14. Keep a safety zoom of 2000mm x 1000mm away from the treadmill.
15. For the treadmill with folding function and electric elevation, be sure that the elevation is 0 before folding (To avoid interference of the components).
16. Stop using the treadmill if you feel faint, dizzy, or short of breath.
17. Wear appropriate exercise clothes when using the treadmill. Do not wear loose clothes that could become caught in the treadmill. Athletic support clothes are recommended for both men and women. Always wear athletic shoes. Never use the treadmill with bare feet, wearing only stockings, or in sandals.
18. THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR THIS EQUIPMENT IS 180 KG.

SAFETY CAUTIONS

GROUNDING INSTRUCTIONS

The products must be grounded first. If malfunction or breakdown occurs, grounding will provide a path of least resistance for electric current to reduce the risk of electric shock.

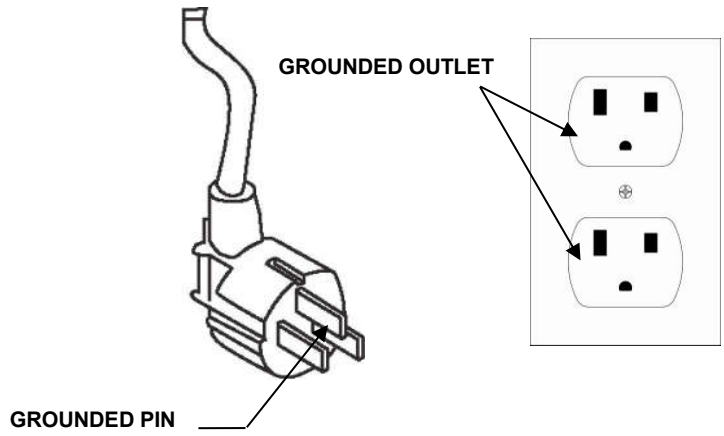
The product is equipped with a cord having an equipment-grounding conductor and a grounding plug.

The plug must be plugged into an appropriate outlet that is properly installed and grounded in accordance with all local codes and ordinances.

Danger – Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or serviceman if you are in doubt as to whether the products are properly grounded. Do not modify the plug provided with the product – if it will not fit the outlet, have a proper outlet install by a qualified electrician.

The product has a grounding plug that looks like the plug illustrated in the figure . Make sure that the product is connected to an outlet having the same configuration as the plug.
There is no need to use any adapter for this product.

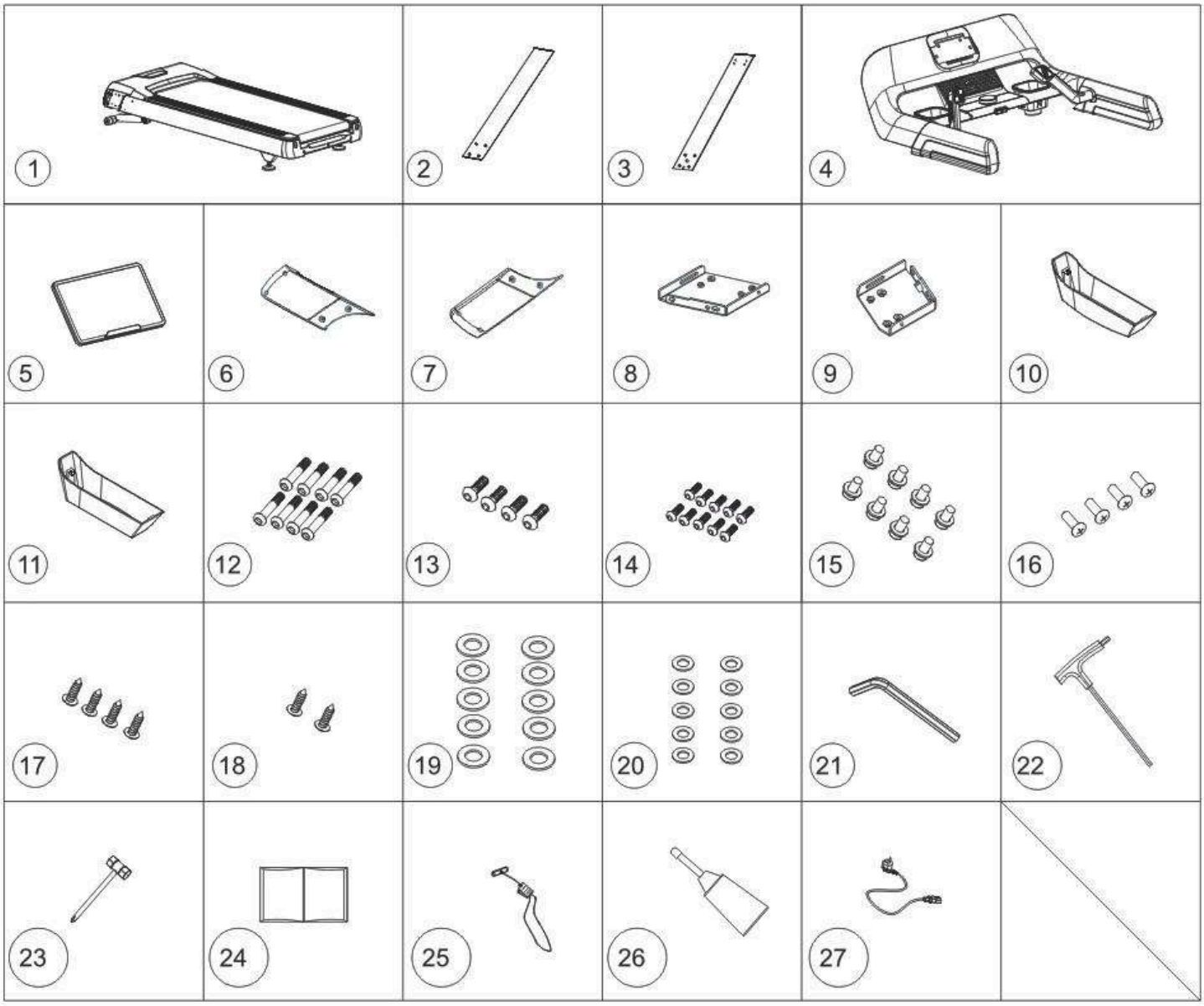
Figure
Grounding methods



NOTICE： This plug drawing is just for reference. Pls kindly use your country standard correct plug type.

ASSEMBLY INSTRUCTIONS

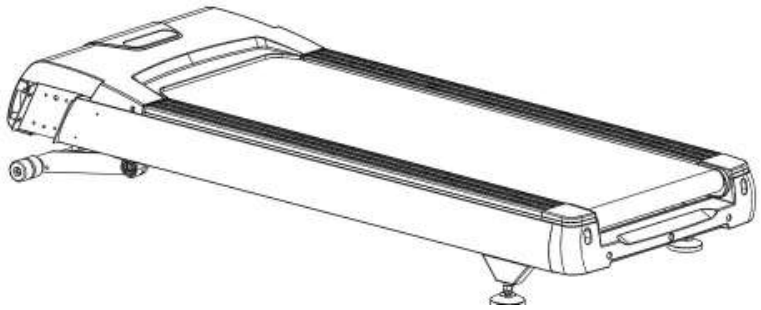
OPEN THE BOX YOU CAN FIND THE ALL PARTS AS BELOW



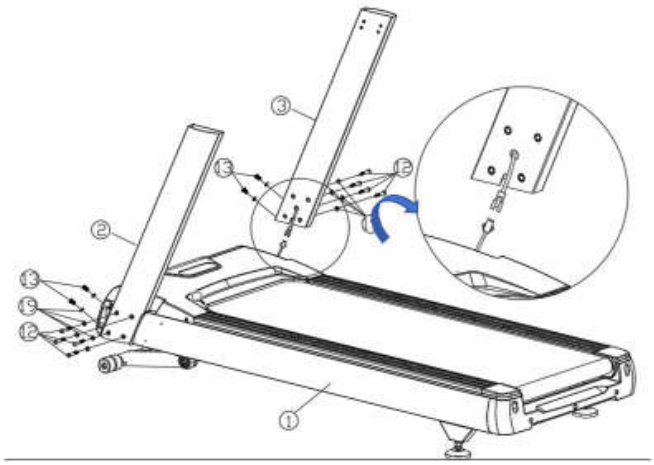
ASSEMBLY INSTRUCTIONS

PART LIST					
NO	DESCRIPTION	Q'TY	NO	DESCRIPTION	Q'TY
1	MAIN FRAME	1	15	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*15	8
2	LEFT UPRIGHT	1	16	SLOTTED HEAD WITH CROSS RECESSED TRUSS HEAD BOLT	4
3	RIGHT UPRIGHT	1	17	CROSS RECESSED TRUSS HEAD TAPPING SCREW M4*15	4
4	CONSOLE SET	1	18	CROSS RECESSED PAN HEAD TAPPING SCREW M4*15	2
5	COMPUTER PLASTIC	1	19	FLAT WASHER M10.5	12
6	UPRIGHT COVER-L	1	20	FLAT WASHER M8.5	10
7	UPRIGHT COVER-R	1	21	WRENCH 5#	1
8	COMPUTER RACK CLAMP RING-L	1	22	T-TYPE ALLEN WRENCH 6#	1
9	COMPUTER RACK CLAMP RING-R	1	23	SCREWDRIVER	1
10	CONSOLE PLASTIC COVER-L	1	24	USER MANUAL	1
11	CONSOLE PLASTIC COVER-R	1	25	SAFETY KEY	1
12	HEXAGON SOCKET BUTTON HEAD BOLT M10*60	8	26	LUBRICATION OIL	1
13	HEXAGON SOCKET BUTTON HEAD BOLT M10*20	4	27	POWER CORD	1
14	HEXAGON SOCKET BUTTON HEAD BOLT M8*15	10			

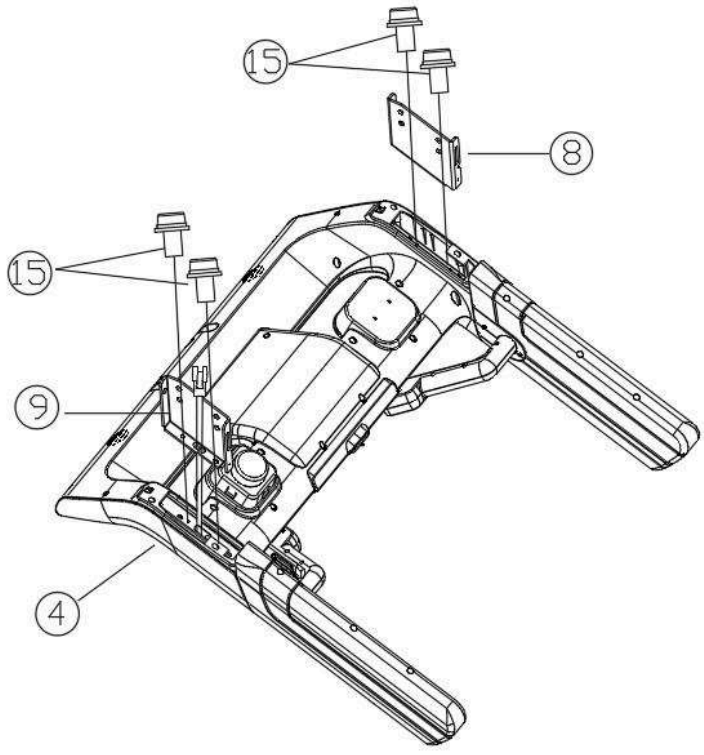
ASSEMBLY INSTRUCTIONS



Step 1:
1. Please note that this treadmill need at least 2 people to finish assembly.
2. Open the carton box, and take out all the protection foam and assembly parts.
3. Lay the main frame onto the floor.

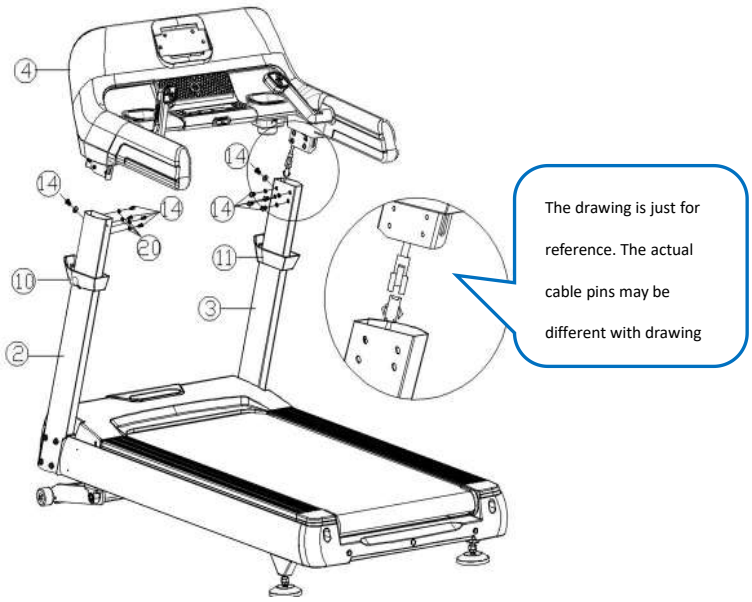


Step 2:
1.Take out the left upright (2) and match it with the frame (1), align with the screw holes, then use four M10*60 bolts (12) and four flat washers (17) by wrench 6# (22) to install the left uprights onto the frame. Then use wrench 6# (22) to fix the two M10*20 bolts (13) with two flat washers (17).
2.Fix the right upright (3) to the frame (1) in the same way.
NOTE:Don't fix the screw tightly

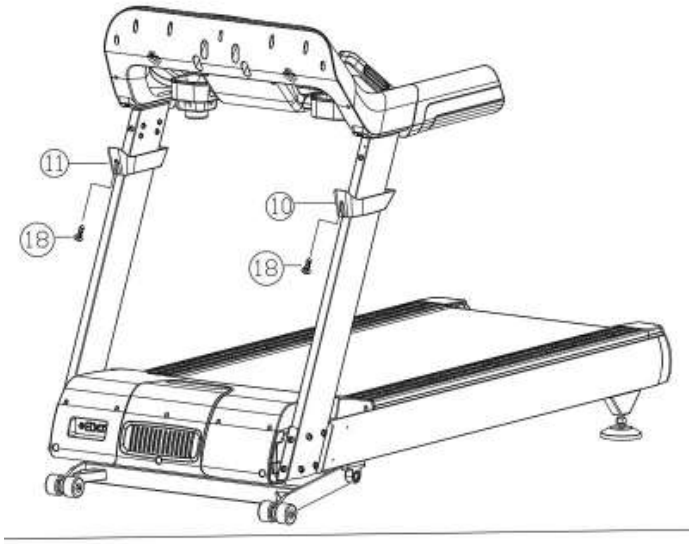


Step 3:
Take out the console and place it on a level table. Then take out the computer rack clamp ring - R (9) again, and thread the communication cable through the threading hole of the computer rack clamp ring - R (9) as shown in the figure. Use two M8*20 bolts (15) to fix it on the console set (4) by wrench 6# (22). And lock it.
Fix the computer rack clamp ring - L (8) to the console set (4) in the same way.

ASSEMBLY INSTRUCTIONS

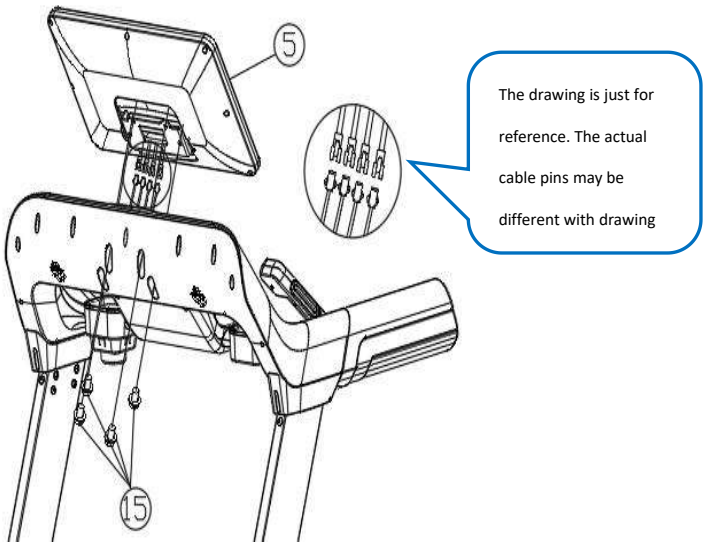


Step 4:
1.Take out the console plastic cover - L (10) and plastic cover-R(11)and then put them on the left/right upright(2/3).
2.Two person lift the left/right handrail and the console set(4),Plug the cables between the upright and console set and then assemble the console set(4) on the left/right tube(2/3), and lock them with 10pcs M8x15 screw (14) and 10pcs flat washers (20)by 5mm Allen wrench tightly.

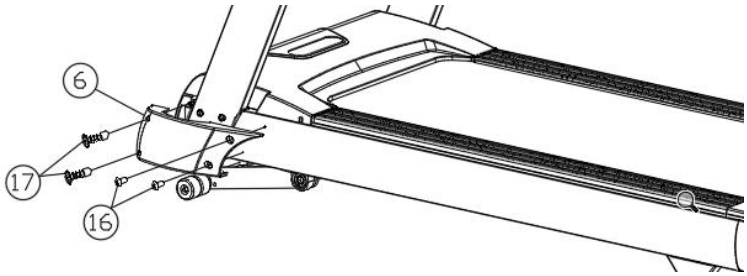


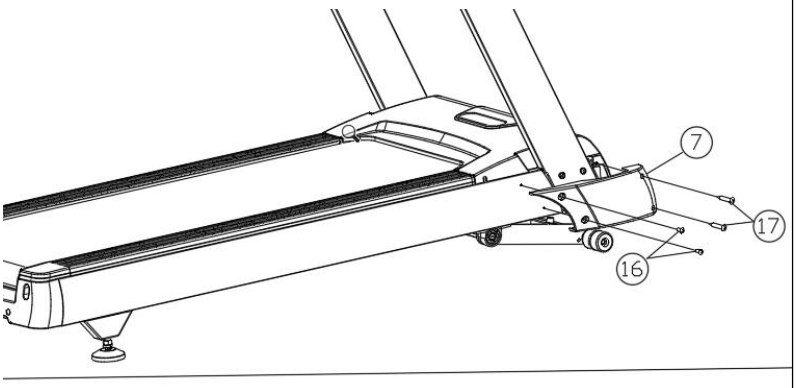
Step 5:
Push the console plastic cover-L(10) up and then fix it with 1pcs M4*15 screw(18)by screw driver(23) tightly.

Do the same way to fix the console plastic cover right(11).

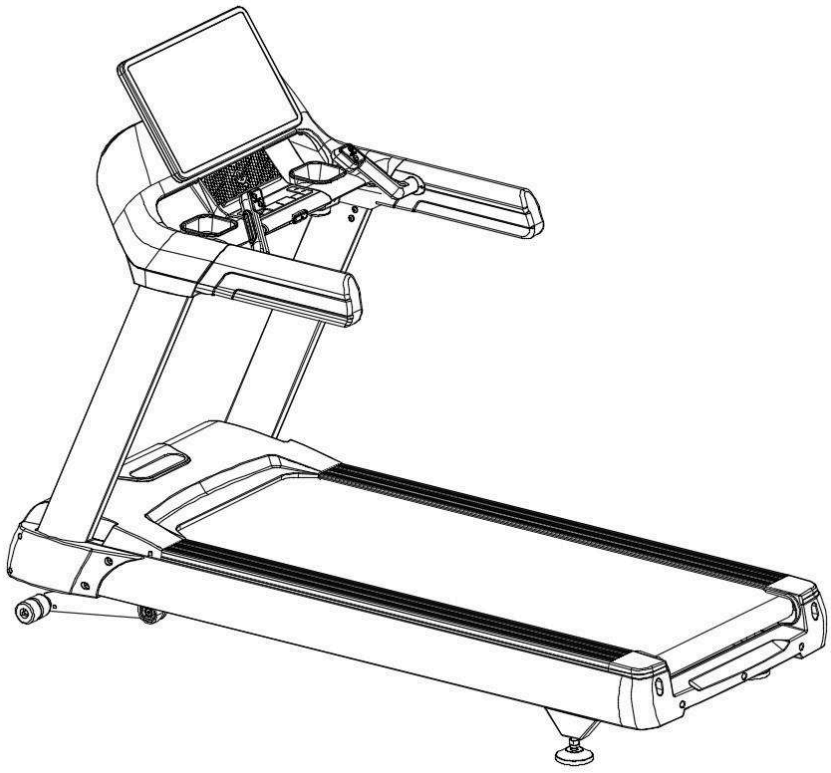


Step 6:
1.Take out the computer (5) from box, one person holds the computer (5), the other person connects the signal cables between the computer and the console. Then place the computer (5) on the console set(4), use wrench 6# (22) to fix the computer (5) onto the console set(4) with two M8*15 bolts (15).





Step 7:
Before this step, lock all the assembly bolts with wrenches.
Take out the upright cover - L (6) and fix it on the main frame (1), lock it with two M4*15 screws (17) by screwdriver (23).
Fix it to the frame with two M5*10 bolts (16), and then lock the bolts.
Step 8:
Fix the upright cover - R (7) to the frame as in step 7 and then lock it!

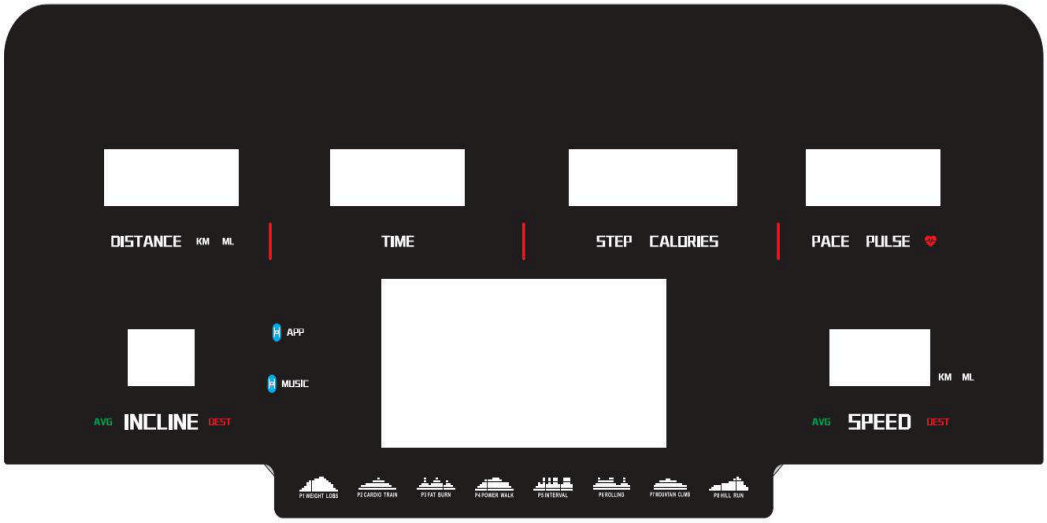


1. Please check if all screws are fastened.
2. Connect the power cord and attach the safety key on the console.
3. Power on for testing!

OPERATION GUIDE

GENERAL SAFETY TIPS:

A. Practice mounting and dismounting your treadmill before beginning your workout.
B. Attach the Safety Key to the Console (the treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the Treadmill.
C. If the user falls off the Treadmill, the Safety Key will come off the computer and the treadmill will stop at once to avoid injury.
D. Do not stand on the Running Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.
E. The Treadmill will start at 1.0KM/H after a 3, 2, 1 countdown. If you are a new user, stay at a slow speed and hold onto the Hand Grips until you become comfortable.



DISPLAY FUNTION:

1.**Power on**: The console will light on for 1 second when power on, and the time windown will show the system version number(VX.X) for 1 second the same time other windows have no display, The system will go to IDLE MODE after 1 second.

2.IDLE MODE:

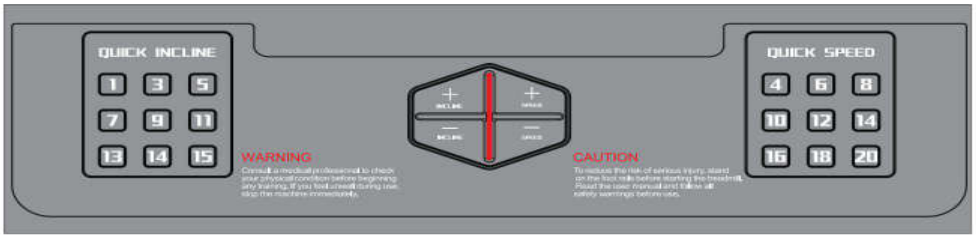
- All windows will display 0 except the PACE/PULSE window display the heart rate if defective under the IDLE MODE.
- The computer will have two “BI” sounds after the target goal discount to 0 and the SPEED window will flash END after the speed reduce to 0.0 , then the system enter into IDLE MODE after 5 seconds.
- Press “STOP” under the pause mode and enter into IDLE MODE.
- The system enter into IDLE MODE automatically if there is no action under the pause mode in 5 minutes.
- They system will enter into false sleeping mode without action under the IDLE MODE.

OPERATION GUIDE

3.The window displays information as below:

- TIME: Display the running time ,range 0.00-99.59(MIN:SEC)
- PACE: Display the running pace, range 0.00-99:59(MIN/KM)
- DISTANCE: Accumulates total workout distance, range 0.00-99.59KM.
- CALORIES: Accumulates calorie consumption during exercise, range 0-99999
- AVG SPEED: Display the average speed, range 1-22KM/H
- SPPED: Display the running speed, range 1.0-22KM/H,each spped
- BEST SPEED：Display the fastest speed, range 1.0-22KM/H
- PULSE: Display the heart rate and lighted the ICON and display P without heart rate detected.
- AVG INCL: Display the average incline, range -3 to 20 degree
- INCLINE: Display the incline, range -3 to 20 degree
- BEST INCL: Display the max incline during the training, range -3 to 20 degree.
- STEP: Display the running step, range 0-99999

BUTTON FUNTION:





START: Press START and the matrix window will discount “3,2,1” to begin the exercise, the SPEED and INCLINE window show the running data.

STOP:

- Press “STOP” to return the IDLE MODE under the pause mode, the incline will keep the data and other date will decrease to zero.
- Press”STOP” to pause the treadmill under the running situation, the matrix window will show “PAU”,the SPEED will decrease to zero, and the other data will not change. It will enter into IDLE MODE if there is no action in 5 minutes.
- Press “STOP” to return to last step when setting the parameter.

PROG: Under the IDLE MODE, Press this button to go to FIT program after “P1” to

“P08” ; Press this button to go to User program after FIT program;Press this button to go to HRC program after “U1” to “U3”;Press this button to go to body fat tester program after “HP3” program.

MODE:

- Press this button to go to countdown mode under the IDLE MODE;
- Press this button to go to L2-L8 mode under the pre-set program;
- Press this button to set next parameter under the body fat program/user program/FITNESS and HRC program;
- Press this button to switch the Profile display for SPEED or INCLINE .

U1/U2/U3： Press this button to choose the user program directly.

TIME/DIS./CAL: Press this button to choose the time discount program/Distance discount program and calories discount program directly.

SPEED +/- :Press this button to adjust the speed by each step 0.1, and the speed will increase or decrease continuedly when pressing it above 1 second; Press this button to adjust the data when setting the parameter.

INCLINE+/-: Press this button to adjust the incline by each step 0.1, and the incline will increase or decrease continuedly when pressing it above 1 second; Press this button to adjust the data when setting the parameter.

QUICK SPEED: Press this button 4,6,8,10,12,14，16,18,20 to choose the directly speed.

QUICK INCLINE: Press this button 1,3,5,7,9,11,13,14,15 to choose the directly speed.

SAFETY KEY: Take off the safety key to stop the treadmill urgently, the incline will keep the data, and other window will display ---. Put on the safety key, power on the treadmill and go to IDLE MODE.

GETTING STARTED

NOTES:

1. Check to make sure nothing is on or will hinder the movement of the treadmill.

2. Plug in the power cord and turn the treadmill ON.

3. Stand on the foot rails of the treadmill.

4. Attach the safety key clip to part of your clothing.

5. Put the safety key into the safety key hole in the console, and then the treadmill will be on start/ready status.

MANUAL PROGRAM OPERATION

1: Attach the Safety key to start the display up; the treadmill then will be on start/ready status.

2: Press the START button to begin belt movement after 3 seconds count-down. Use the SPEED +/- or QUICK SPEED buttons to adjust the desired speed at any time during training; use the INCLINE +/- or QUICK INCLINE buttons to adjust the Incline at any time during training.

OPERATION GUIDE

3: To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.

4: Press STOP to pause the treadmill when running: Incline will keep the position before pause it and the matrix window will show “PAU”.

5: Press START again to start the treadmill again after 3 discounts under the pause situation.

6: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.

7: Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show “---“.

COUNT-DOWN PROGRAM OPERATION

NOTES:

On this function, one of TIME, DISTANCE, CALORIE can be set for count-down of your workout, the others will count-up during your workout, after one count-down reach zero, operation will be ended and stop the belt movement.

1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

2: Press MODE or ”TIME” button to choose the time countdown and the matrix window will show “SET TIME”. The TIME window will display 30:00, press SPEED +/- or INCLINE+/- button to set count-down TIME from 5:00 minutes to 99:00 minutes.

Or you can press MODE or “DIS” button again to choose the DISTANCE countdown and the matrix window will show “SET DISTANCE”, the DISTANCE window will display 1.0KM, you can set count-down DISTANCE from 1.0KM - 99.0KM.

Or you can press MODE continuously or “CAL” directly to choose the CALORIE countdown and the matrix window will show “SET CALORIES”, the CALORIE window will display 50CAL, you can set count-down CALORIE from 10 to 990..

Press STOP to go back to IDLE MODE during the process to set the parameter.

3: After finishing setting count-down for your workout, press START to begin belt movement after 3 seconds count-down.

4: During the program you can adjust the speed and incline by pressing SPEED +/- and INCLINE+/- buttons, or QUICK SPEED and QUICK INCLINE keys to choose the desired speed or incline.

5: To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.

6: Press STOP to pause the treadmill when running: Incline will keep the position before pausing it and the matrix window will show “PAU”.

7: Press START again to start the treadmill again after 3 count-down under the pause

situation.

8: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.

9: Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show "---".

PRESET PROGRAMS OPERATION

NOTES:

There are total 64 programs (P1-P8, each P program has 8 levels, L1-L8), All the preset programs are made up with 16 time-based segments; the speed and incline is preset on each segment. The elapse time of 16 segments on each program will be automatically arranged according to the time you set for your workout time.

1: Attach the Safety key to wake display up; the treadmill then will be on start/ready status.

2: Press PROG button continually until DISTANCE shows "P1" "P2" to "P8, you can choose any P preset program, and then press MODE program until the CARLORIE shows "L1" "L2" to "L8" to choose one level preset program.

3: After selecting a program, TIME window will show 30:00, then press SPEED +/- or INCLINE +/- buttons to modify the elapsing time. The pre-set elapsing time of each program is 30:00 minutes, and it can be set from 5:00 to 99:00 minutes. Press "PROG" to go back to choose "P1" to "P8" again if you want during the process of setting the parameter.

4: After modifying the elapsing time, press START button to accept and begin your workout.

5: During procession of program, you can adjust the SPEED and INCLINE by pressing SPEED +/- and INCLINE+/- buttons or use QUICK SPEED and QUICK INCLINE keys to choose the desired number. **However, the SPEED and INCLINE you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED and INCLINE will process with preset values.**

6: To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.

7: Press STOP to pause the treadmill when running: Incline will keep the position before pausing it and the matrix window will show "PAU".

8: Press START again to start the treadmill again after 3 count-down under the pause situation.

9: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.

10: Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show "---".

OPERATION GUIDE

FITNESS PROGRAMS OPERATION

1:Press “PROG”continually to choose FITNESS program, The DISTANCE will show “FIT” and TIME window will show “30:00”,The time couldn’t be reset.

2:Press START to begin the warm up training. This program includes 2 parts, one is warm-up or cool-down program, another one is the testing program. It is better to have warm-up for 3 minutes before testing program and have cool-down training for 3 minutes after ending the testing program, then go back to IDLE MODE.

3:During procession of program you can adjust the SPEED by pressing SPEED +/- buttons, or use QUICK SPEED buttons to choose the desired number.

4: To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.

5: Press STOP to pause the treadmill when running: Incline will keep the position before pausing it and the matrix window will show “PAU”.

6:Press START again to start the treadmill again after 3 count-down under the pause situation.

7: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.

8:Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show “---“.

9:The testing program(WORKOUT)Time depends on the user’s body situation,It may stop anytime when it meets the target and return to IDLE MODE after finished the program.

10: The longest program time is 30 minutes and below is the program profile:

Level	Time	Speed (kph)	Incline(
1 WARM UP	30:00 to 27:01	5	1
2TRAINING 1	27:00 to 22:01	8	4
3 TRAINING 2	22:00 to 17:01	12	0
4 RECOVER	17:00 to 13:01	2	0
5 TRAINING 3	13:00 to 12:01	6	5
6 TRAINING 3	12:00 to 10:01	8	3
7 TRAINING 3	10:00 to 09:01	10	2
8 TRAINING 3	09:00 to 07:01	12	0
9 TRAINING 3	07:00 to 06:01	10	2
10TRAINING 3	06:00 to 04:01	8	1
11TRANING 3	04:00 to 03:01	6	0
12 COOL-DOWN	03:00 to 00:00	2	0

OPERATION GUIDE

USER PROGRAMS OPERATION

It has 3 user programs except 64pre-set programs.

1:Press “PROG”continually to choose one program from U1-U3, The DISTANCE will show “U1” or “U2” or “U3”and TIME window will show “30:00”,Press Speed +/- or Incline +/- button to set the desired running time, Press and the press switch button to start the treadmill after set the training time.

2: Press MODE to set the speed and incline, CALORIES window will show “S-01”(means the first segment), SPEED and INCLINE window shows the current speed and incline, Press SPEED +/- buttons, or use QUICK SPEED key to set the desired speed, Press INCLINE +/- buttons, or use QUICK incline key to set the desired incline.

3: Press MODE to finish the parameter for the first segment and then go to the 2nd segment, The CALORIES window shows “S-02”, repeat the same steps to set the desired speed and incline for the 2nd segment.

4:Press MODE again to repeat the same steps for the rest 14 segments. And then press MODE to confirm all the parameters. Press STOP to return to last step any time during the process of setting the parameters. All the data will be saved until you set up it next time.

5:Press START to begin the training, During procession of program you can adjust the SPEED by pressing SPEED +/- buttons, or use QUICK SPEED buttons to choose the desired number. However, the SPEED and INCLINE you adjust will only be effective on the ongoing segment, after the segment finished, the SPEED and INCLINE will process with preset values.

6: To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.

7: Press STOP to pause the treadmill when running: Incline will keep the position before pausing it and the matrix window will show “PAU”.

8:Press START again to start the treadmill again after 3 count-down under the pause situation.

9: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.

10: Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show “---“.

OPERATION GUIDE

HRC PROGRAMS OPERATION

1:Press “PROG” to choose “HP1” or “HP2” or “HP3”, The matrix window shows “HRC AGE SET”, DISTANCE window shows “HP1” or “HP2” or “HP3” , PULSE window shows”80”,CALORIES window shows age”30”,Press Speed or incline +/- button to adjust the age from 15 to 80.

2:Press “MODE” to set the target heart rate, The matrix window shows “HRC THR SET”,PULSE window shows “80”,Press Speed or Incline +/- to set up the target heart rate, the range is 80 to (220-age)x0.9;

3:Press “MODE” to set the running time, The matrix window shows “HRC TIME SET”,TIME window shows”30:00”, Press Speed or incline+/- to set up the running time, the range is 5:00-99:00.

4: Press “MODE” after finished last 3 steps, The TIME window shows the time you just set up, the SPEED and INCLINE window show the data of the WARM UP mode. Press STOP to return to last step during the process of setting up the parameter or press PROG to choose other programs.

5: The HRC program process is as below:

- HP1:**P**ress start button to start the treadmill, initial speed is 1km/h and incline is 0;

After running 1minutes with 1km/h speed, The treadmill will adjust the speed as below every 30 second:

A:(Target heart rate-user heart rate)>30, the speed will increase by 2.0km/h;

B: (Target heart rate-user heart rate)<30, the speed will decrease by 1.0km/h;

C: (User heart rate-Target heart rate)>30, the speed will decrease by 2.0km/h;

D: (User heart rate-Target heart rate)<30, the speed will decrease by 1.0km/h;

- **HP2:** Press Start button to start the treadmill, initial speed is 4km/h and incline is 4;

After running 1minutes with 4km/h speed, The treadmill will adjust the incline as below every 30 second :

A:(Target heart rate-user heart rate)>30, the incline will increase by 2 level;

B: (Target heart rate-user heart rate)<30, the incline will increase by 1 level;

C: (User heart rate-Target heart rate)>30, the incline will decrease by 2 level;

D: (User heart rate-Target heart rate)<30, the incline will decrease by 2 level.

OPERATION GUIDE

◆ **HP3**: Press Swift button to start the treadmill, initial speed is 3km/h and incline is 2;

After running 1minutes with 3km/h speed, The treadmill will adjust the incline and speed as below every 30 second:

A:(Target heart rate-user heart rate)>30, the speed will increase by 2.0km/h, and incline will increase by 1 level;

B: (Target heart rate-user heart rate)<30, the speed will increase by 1.0km/h, and incline will increase by 1 level;

C: (User heart rate-Target heart rate)>30, the speed will decrease by 2.0km/h, and incline will decrease by 1 level;

D: (User heart rate-Target heart rate)<30, the speed will decrease by 1.0km/h, and incline will decrease by 1 level;

6:The speed will reduce to 1.0KM/H once the user heart rate is over (220-AGE) or there is no heart rate detected， the console will alarm every second the same time and then it will stop after it continues to be 15 seconds.
7: To get a pulse reading, simply grasp stainless steel pick-ups on handrails. It may take a few seconds for the display to reach the actual number. The pulse rate will be displayed on PULSE window.
8: Press STOP to pause the treadmill when running: Incline will keep the position before pausing it and the matrix window will show “PAU”.
9:Press START again to start the treadmill again after 3 count-down under the pause situation.
10: Press STOP button to stop your workout under the pause situation or the system will go to IDLE mode without any button action in 5 minutes.
11:Pull safety key away from its position to shut down the computer during running, Incline will stop at the running position and other window will show “---“.

BODY FAT SCALE

This function is to estimate your body fat according to the basic information of your body condition.

This estimate is not exact and persons with medical conditions and/or a specific need for accurate body fat value should not rely on the estimations provided.

1: Press PROG button repeatedly and choose BODY FAT function. Press MODE button to set the relative parameters: GENDER, AGE, HEIGHT, and WEIGHT.

OPERATION GUIDE

2: After entering BODY FAT function, the SPEED window will display F-1, the DISTANCE window will display 01, it represents GENDER, press SPEED +/- or INCLINE +/- button to set gender :01 represents MALE, 02 represents FEMAL. Then press MODE button to go to next step.

3: After pressing MODE button, the SPEED window will display F-2, the DISTANCE window will display 25, it represents AGE, press SPEED +/- or INCLINE +/- button to set age from 10-99. Then press MODE button to go to next step.

4: After pressing MODE button, the SPEED window will display F-3, the DISTANCE window will display 170, it represents HEIGHT, press SPEED +/- or INCLINE +/- button to set height from 100CM-200CM. Then press MODE button to go to next step.

5: After pressing MODE button, the SPEED window will display F-4, the DISTANCE window will display 70, it represents WEIGHT, press SPEED +/- or INCLINE +/- button to set weight from 20KG-150KG. Then press MODE button to go to next step.

6: After finished setting all the necessary information of your body condition, press MODE button again, the SPEED window will then display F-5, the TIME window will display “---”, it means the computer start to work for calculating, then hold the pulse sensor on handrail with both of your hands, around 5 seconds after, the body fat result will be displayed on TIME window. Press STOP to go back to IDLE MODE.

7.The result that given by body fat scale can be a reference of body condition, check your body condition according to the left chart with the result you get from the treadmill.

Body condition	Result
Fat	BMI > 30
Overweight	26 < BMI < 30
Fit	19 < BMI < 25
Thin	BMI < 19

USING THE PULSE FUNCTION

The PULSE window on your computer works in conjunction with the Pulse Sensors on both handrail pulse. When you are ready to read your pulse:

1. Place both hands firmly on the Pulse Sensors. For the most accurate reading, it is important to use both hands.

2. Your estimated heart rate will display in the PULSE window approximately 5 seconds after you grasp the Pulse Sensors and the data is more close to the actual after 30

seconds.

OPERATION GUIDE

3. This estimate is not exact and persons with medical conditions and/or a specific need for accurate heart rate monitoring should not rely on the estimations provided.

SLEEPING MODE:

The system will go into sleeping mode if there is no any action in 5 minutes under the IDLE MODE, ERROR code page or the process of setting up the parameter; Press any button to wake up the system .

WIRELESS CHARGER FUNCTION FOR PHONE



This treadmill is equipped with a wireless phone charger
To charge your phone,follow below steps.
STEP1: Power on the treadmill.
STEP2: Place your phone(compatible with wireless charging) on the charger area.
The phone will display the charging status.

CONNECT SMART PHONE

Bluetooth Music:

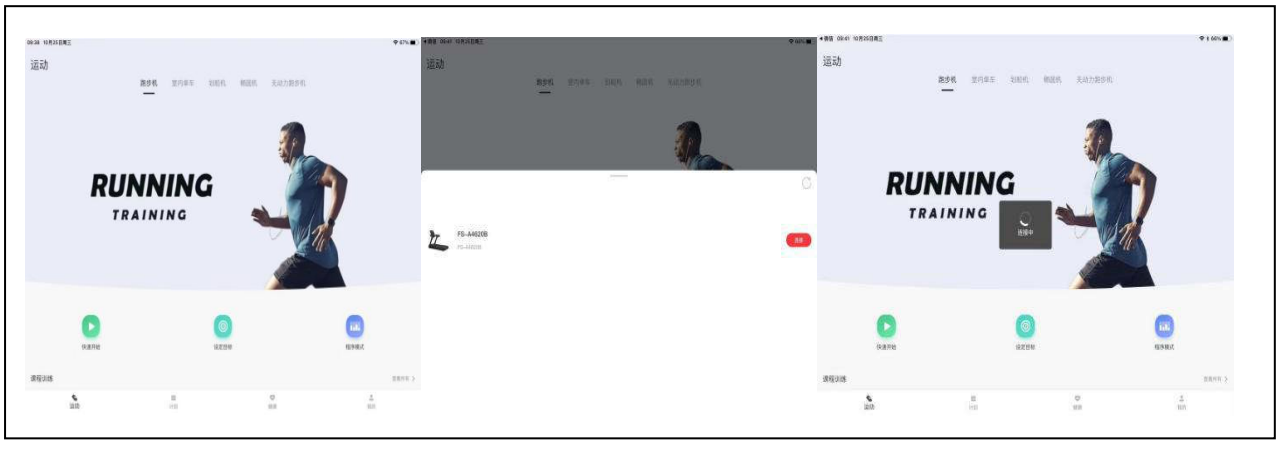
1: Turn on the Bluetooth of the smart phone, search the device, and click to connect the devices.

2: After the connection, the voice of smart phone will be played by the speaker on the computer.

3:Adjust the volume from the phone not from the console of treadmill.

Bluetooth APP:

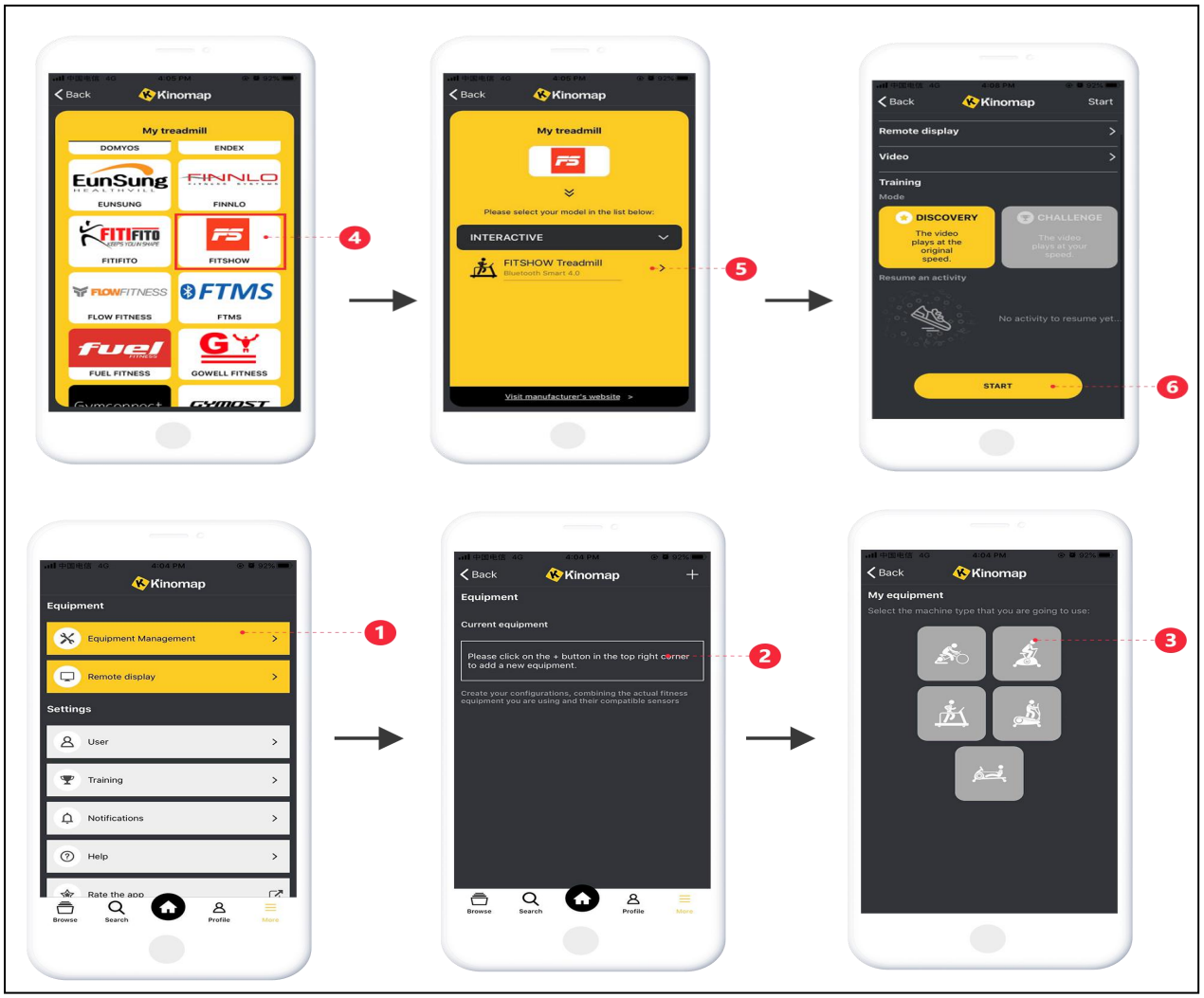
1: Fitshow APP：Download Fit show APP on your mobile and choose RUUNING training, Search the Bluetooth name by “FS” and connect it. The treadmill will start after Bluetooth connected successfully, In the IDLE mode and manual program, The FITSHOW app will sync all the data with the treadmill, the user can adjust the speed and incline on the APP or quit the training. In the other programs, The FITSHOW only sync the date of speed, incline and heart rate.



OPERATION GUIDE

2.Kinomap APP：Search, download, and install Kinomap over the App Store.

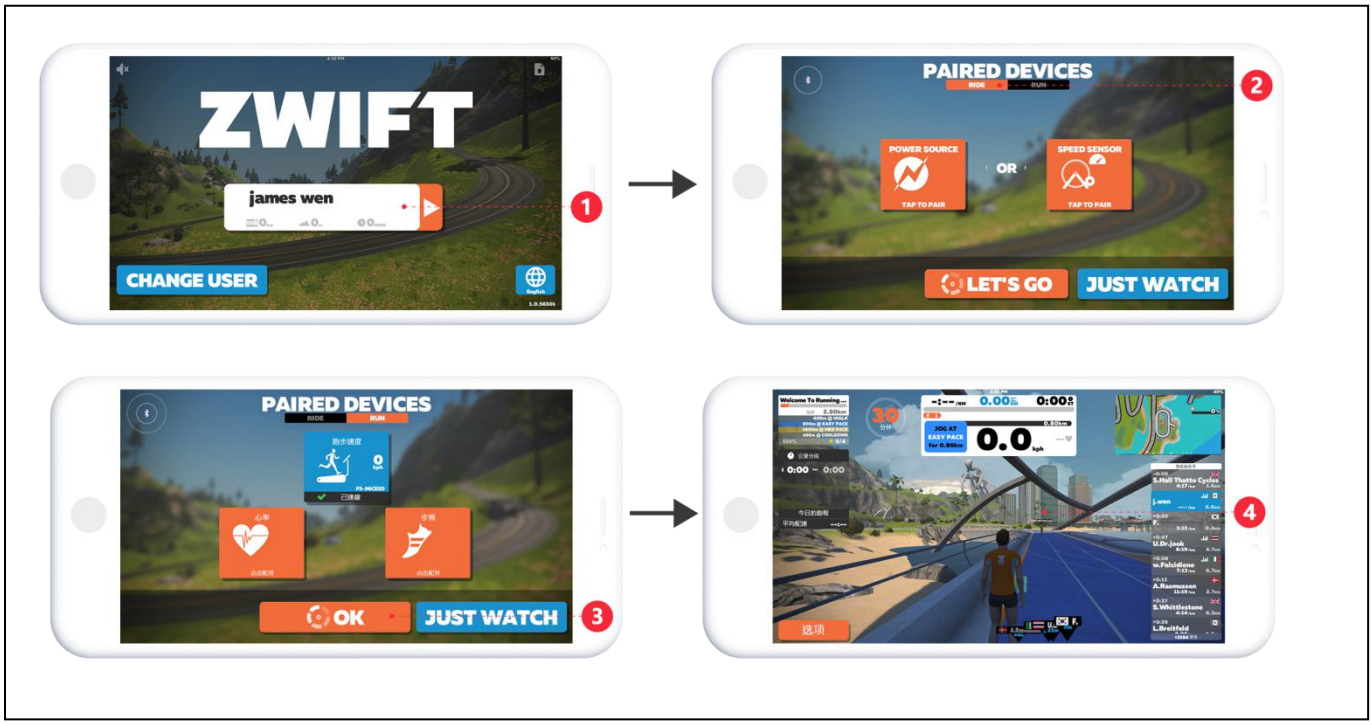
- Enter Kinomap to select [More] page;
- Select to add more fitness equipment;
- Select the desired device type;
- Tap FitShow entrance;
- Tap the matching devices like 'Fs-XXXX' to bind Find related videos to start sports.
- Find related videos to start sports.



OPERATION GUIDE

3.ZWIFT APP：Search, download, and install ZWIFT over the App Store.

- Enter ZWIFT to register an account;
- Login account to select the paired riding or running
- Pair device successfully, tap OK to start sport;
- For riding equipment, start riding directly. For running equipment, need to press the start button to start running.



PERATION GUIDE

PRE-SET PROGRAM CHART

PROGRAM		SET TOTAL TIME / 18 = RUNNING TIME EACH SEGEMENT															
		1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**11**	**12**	**13**	**14**	**15**	**16**	**17**	**18**
		P1. WEIGHT LOST															
L1	SPEED	1	2	2	3	3	3	4	5	7	6	5	4	4	3	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L2	SPEED	1	2	2	3	4	4	5	6	10	8	8	5	5	3	2	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L3	SPEED	1	2	3	4	5	5	6	8	12	10	8	7	6	4	3	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L4	SPEED	1	2	3	4	6	7	8	10	13	11	10	8	7	5	4	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L5	SPEED	2	3	4	5	7	7	8	10	14	13	12	10	9	6	4	2
	INCLINE	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0	0
L6	SPEED	2	3	4	5	7	9	10	12	14	13	12	10	9	6	5	3
	INCLINE	1	1	2	2	4	4	5	2	6	6	3	3	2	2	3	3
L7	SPEED	2	3	5	6	8	9	10	12	15	13	12	10	9	6	6	3
	INCLINE	2	2	3	3	4	4	4	3	5	5	2	2	5	5	2	2
L8	SPEED	2	3	5	6	8	10	12	14	15	14	13	11	9	7	6	3
	INCLINE	1	1	2	2	2	2	3	1	1	1	2	2	1	1	2	2
		P2. CARDIO TRAIN															
L1	SPEED	1	1	2	2	3	4	5	6	7	6	6	4	3	2	1	1
	INCLINE	1	1	2	3	4	5	6	7	8	7	7	5	4	2	1	1
L2	SPEED	1	2	2	3	4	5	6	7	8	7	7	5	4	2	2	1
	INCLINE	1	2	3	4	5	6	7	8	9	8	8	6	5	3	2	1
L3	SPEED	1	2	3	4	5	6	7	8	9	8	8	6	5	3	2	1
	INCLINE	1	2	4	5	6	7	8	9	10	9	9	7	6	4	2	1
L4	SPEED	2	2	4	5	6	7	8	9	10	9	9	7	6	4	2	2
	INCLINE	2	3	5	6	7	8	9	10	11	10	10	8	7	5	3	2
L5	SPEED	2	3	5	6	7	8	9	10	11	10	10	8	7	5	3	2
	INCLINE	2	4	6	7	8	9	10	11	12	11	11	9	8	6	4	2
L6	SPEED	2	4	6	7	8	9	10	11	12	11	11	9	8	6	4	2
	INCLINE	3	5	7	8	9	10	11	12	13	12	12	10	9	7	5	3
L7	SPEED	3	5	7	8	9	10	11	12	13	12	12	10	9	7	5	3

	INCLINE	4	6	8	9	10	11	12	13	14	13	13	11	10	8	6	4
L8	SPEED	4	6	8	9	10	11	12	13	14	13	13	11	10	8	6	4
	INCLINE	5	7	9	10	11	12	13	14	15	14	14	12	11	9	7	5
		P3. FAT BURN															
L1	SPEED	1	2	3	3	5	6	7	8	8	7	7	5	4	3	2	1
	INCLINE	1	1	2	2	3	3	4	5	5	4	4	3	2	2	1	1
L2	SPEED	1	2	3	4	5	7	8	9	9	8	8	6	5	3	2	1
	INCLINE	1	1	2	2	3	4	5	6	6	5	5	4	3	2	1	1
L3	SPEED	1	2	4	5	7	8	9	10	10	9	9	7	6	4	2	1
	INCLINE	1	1	2	3	4	5	6	7	7	6	6	4	3	2	1	1
L4	SPEED	2	3	5	6	8	9	10	11	11	10	10	8	7	5	3	2
	INCLINE	1	2	3	4	5	6	7	8	8	7	7	5	4	3	2	1
L5	SPEED	2	4	6	7	9	10	11	12	12	11	11	9	8	6	4	2
	INCLINE	1	2	3	4	6	7	8	9	9	8	8	6	5	3	2	1
L6	SPEED	3	5	7	8	10	11	12	13	13	12	12	10	9	7	5	3
	INCLINE	2	3	4	5	7	8	9	10	10	9	9	7	6	4	3	2
L7	SPEED	4	6	8	9	11	12	13	14	14	13	13	11	10	8	6	4
	INCLINE	2	3	5	6	8	9	10	11	11	10	10	8	7	5	3	2
L8	SPEED	4	7	9	10	12	13	14	15	15	14	14	12	11	9	7	4
	INCLINE	2	4	6	7	9	10	11	12	12	11	11	9	8	6	4	2
		P4. POWER WALK															
L1	SPEED	1	1	2	2	3	3	4	4	4	4	3	2	2	2	1	1
	INCLINE	1	1	2	2	2	2	3	1	1	1	2	2	1	1	2	2
L2	SPEED	1	2	2	2	3	3	4	4	4	4	3	3	2	2	1	1
	INCLINE	1	1	2	2	3	3	3	2	6	6	2	2	1	1	2	2
L3	SPEED	1	2	2	3	3	4	4	5	4	4	4	3	3	2	1	1
	INCLINE	1	1	3	3	4	4	3	2	5	5	2	2	1	1	2	2
L4	SPEED	1	2	3	3	3	4	4	5	5	4	4	4	3	2	2	1
	INCLINE	1	1	4	4	6	6	2	3	2	2	2	2	1	1	2	2
L5	SPEED	1	2	3	4	4	5	5	5	6	5	4	4	4	3	2	1
	INCLINE	4	4	5	5	6	6	7	9	10	10	6	6	3	3	6	6
L6	SPEED	1	2	3	4	5	5	6	6	6	5	5	4	4	3	2	1
	INCLINE	3	3	5	5	4	4	4	3	3	3	3	3	2	2	3	3
L7	SPEED	1	2	3	4	5	6	6	7	6	6	5	5	4	3	2	1
	INCLINE	3	3	5	5	4	4	2	2	2	2	3	3	2	2	3	3
L8	SPEED	1	2	3	4	5	6	7	7	6	6	6	5	5	4	2	1

	INCLINE	4	4	1	1	3	3	6	7	7	7	3	3	3	3	3	3
		P5. INTERVAL															
L1	SPEED	1	2	4	2	4	2	4	2	4	2	4	2	4	2	4	2
	INCLINE	1	3	6	5	6	5	6	9	10	10	8	6	4	4	6	8
L2	SPEED	1	2	5	2	5	2	5	2	5	2	5	2	5	2	5	2
	INCLINE	3	3	5	5	6	6	7	8	10	10	7	6	3	3	6	7
L3	SPEED	1	2	6	2	6	2	6	2	6	2	6	2	6	2	6	2
	INCLINE	4	4	3	3	4	4	4	3	3	3	2	2	5	5	2	2
L4	SPEED	1	3	6	3	6	3	6	3	6	3	6	3	6	3	6	3
	INCLINE	3	5	9	10	9	9	8	8	3	3	2	2	4	4	2	2
L5	SPEED	1	3	7	3	7	3	7	3	7	3	7	3	7	3	7	3
	INCLINE	1	1	4	4	6	6	6	1	6	6	4	4	4	4	4	4
L6	SPEED	2	4	7	4	7	4	7	4	7	4	7	4	7	4	7	4
	INCLINE	1	1	4	4	4	4	6	1	6	6	8	8	4	4	8	8
L7	SPEED	2	4	8	4	8	4	8	4	8	4	8	4	8	4	8	4
	INCLINE	1	1	2	2	4	4	5	1	4	4	3	3	3	3	3	3
L8	SPEED	2	5	8	5	8	5	8	5	8	5	8	5	8	5	8	5
	INCLINE	1	1	2	2	4	4	5	2	6	6	3	3	2	2	3	3
		P6. ROLLING															
L1	SPEED	1	2	3	2	1	2	3	2	3	2	1	2	3	2	1	1
	INCLINE	2	3	3	5	5	3	3	4	4	2	2	3	3	3	3	2
L2	SPEED	2	3	4	3	2	3	4	3	4	3	2	3	4	3	2	2
	INCLINE	2	3	3	5	5	4	4	4	4	3	3	1	1	1	1	3
L3	SPEED	2	3	4	5	4	3	4	5	4	5	4	3	4	5	4	3
	INCLINE	1	3	3	5	5	3	3	4	4	2	2	3	3	3	3	2
L4	SPEED	2	4	5	6	5	4	5	6	5	6	5	4	5	6	5	3
	INCLINE	2	3	3	4	4	6	6	2	9	5	5	2	2	2	2	5
L5	SPEED	2	5	6	7	6	5	6	7	6	7	5	6	7	6	5	3
	INCLINE	1	3	3	5	5	6	6	7	10	10	8	2	2	2	2	8
L6	SPEED	3	6	7	8	7	6	7	8	7	8	7	6	7	8	7	4
	INCLINE	1	4	4	3	3	4	4	4	2	3	3	2	2	2	2	3
L7	SPEED	3	7	8	9	8	7	8	9	8	9	8	7	8	9	8	4
	INCLINE	3	4	4	2	2	4	4	6	8	6	6	2	2	2	2	6
L8	SPEED	3	8	9	10	9	8	9	10	9	10	9	8	9	10	8	4
	INCLINE	2	1	1	2	2	4	4	5	4	6	6	3	3	3	3	6
		P7. MOUNTAIN CLIMB															

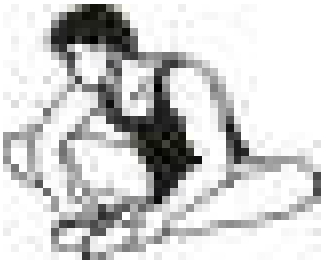
L1	SPEED	1	1	2	2	3	3	3	4	3	3	3	2	2	2	1	1
	INCLINE	0	1	1	2	2	3	3	4	6	7	8	7	6	4	2	0
L2	SPEED	1	1	2	2	3	3	3	4	3	3	3	2	2	2	1	1
	INCLINE	0	1	2	2	3	3	4	4	7	8	9	8	6	4	2	0
L3	SPEED	1	1	2	2	3	3	3	4	3	3	3	2	2	2	1	1
	INCLINE	1	1	2	3	3	4	4	5	8	9	10	9	8	6	4	2
L4	SPEED	2	2	3	3	4	4	4	5	4	4	3	3	3	2	2	2
	INCLINE	1	2	2	3	3	4	5	6	9	10	11	10	8	7	5	3
L5	SPEED	2	2	3	3	4	4	4	5	4	4	3	3	3	2	2	2
	INCLINE	1	2	3	4	5	6	7	8	10	11	12	11	10	8	6	4
L6	SPEED	2	2	3	3	4	4	4	5	4	4	3	3	3	2	2	2
	INCLINE	2	2	3	4	5	6	7	8	11	12	13	12	10	8	6	4
L7	SPEED	2	2	4	4	5	5	5	6	5	5	4	4	4	2	2	2
	INCLINE	2	3	4	5	6	7	8	9	12	13	14	13	10	8	6	4
L8	SPEED	2	2	4	4	5	5	5	6	5	5	4	4	4	2	2	2
	INCLINE	3	4	5	6	7	8	9	10	13	14	15	13	10	8	6	4
		P8. HILL RUN															
L1	SPEED	2	2	2	3	3	3	5	5	9	9	10	8	8	6	4	2
	INCLINE	0	0	1	1	2	2	2	3	4	4	5	5	4	3	2	1
L2	SPEED	2	2	2	4	4	4	6	6	8	10	10	8	8	6	4	2
	INCLINE	0	0	1	1	2	2	2	3	4	4	5	6	5	3	2	1
L3	SPEED	2	2	4	4	4	6	6	6	10	10	12	10	8	6	4	2
	INCLINE	0	0	1	1	2	2	3	3	4	5	5	6	5	3	2	1
L4	SPEED	2	2	4	4	6	6	8	8	10	10	12	12	10	7	5	3
	INCLINE	0	1	1	2	2	3	3	4	5	5	6	7	6	5	3	2
L5	SPEED	2	4	6	6	6	6	8	8	10	12	13	12	10	7	5	3
	INCLINE	1	1	2	2	3	3	4	4	6	6	7	8	7	6	3	2
L6	SPEED	2	4	6	6	6	6	8	8	12	13	13	12	10	7	5	3
	INCLINE	1	2	3	4	4	4	5	5	7	8	8	8	7	6	3	2
L7	SPEED	2	4	6	6	8	8	10	10	13	14	13	12	10	7	5	3
	INCLINE	1	2	3	4	5	6	6	7	8	9	10	10	9	6	3	2
L8	SPEED	2	4	6	8	10	10	12	12	14	14	13	12	10	7	5	3
	INCLINE	1	2	3	4	6	6	7	7	9	9	10	12	9	6	3	2

SUGGESTED STRETCHES

A successful exercise program consists of a warm-up, aerobic exercise, and a cool-down. Do the entire program at least two and preferably three times a week, resting for a day between workouts. After several months, you can increase your workouts to four or five times per week.
Warming up is an important part of your workout, and should begin every session. It prepares your body for more strenuous exercise by heating up and stretching out your muscles, increasing your circulation and pulse rate, and delivering more oxygen to your muscles. At the end of your workout, repeat these exercises to reduce sore muscle problems. We suggest the following warm-up and cool-down exercises:

1. Inner Thigh Stretch

Sit with the soles of your feet together with your knees pointing outward. Pull your feet as close into your groin as possible. Gently push your knees towards the floor. Hold for 15 counts.



2. Hamstring Stretch

Sit with your right leg extended. Rest the sole of your left foot against your right inner thigh. Stretch toward your toe as far as possible. Hold for 15 counts. Relax and then repeat with left leg extended.



3. Head Roll

Rotate your head to the right for one count, feeling the stretch up the left side of your neck.
Next, rotate your head back for one count, stretching your chin to the ceiling and letting your mouth open.
Rotate your head to the left for one count, and finally, drop your head to your chest for one count.



SUGGESTED STRETCHES

4. Shoulder Lift

Lift your right shoulder up toward your ear for one count. Then lift your left shoulder up for one count as you lower your right shoulder.



5. Toe Touch

Slowly bend forward from your waist, letting your back and Shoulders relax as you stretch toward your toes.
Reach down as far as you can and hold for 15 counts.



6. Calf-Achilles Stretch

Lean against a wall with your left leg in front of the right and your arms forward. Keep your right leg straight and the left foot on the floor; then bend the left leg and lean forward by moving your hips toward the wall. Hold, and then repeat on the other side for 15 counts.



7. Side Stretch

Open your arms to the side and continue lifting them until they are over your head.
Reach your right arm as far upward toward.
The ceiling as you can for one count.
Feel the stretch up your right side.
Repeat this action with your left arm.



MAINTENANCE

WARNING! Before performing any maintenance to your treadmill, always unplug the power cord from the surge protector.

CLEANING: Routine cleaning of your TREADMILL will extend the life of your treadmill.

WARNING! To prevent electrical shock, be sure the power to the treadmill is OFF and the unit is unplugged from the wall electrical outlet before attempting any cleaning or maintenance.

AFTER EACH WORKOUT: Wipe off the console and other treadmill surfaces with a clean, water dampened soft cloth to remove excess perspiration. **USE NO CHEMICALS.**

WEEKLY: Use of a treadmill mat is recommended for ease of cleaning. Dirt from your shoes contacts the belt and eventually ends up underneath the treadmill. Vacuum underneath the treadmill once a week.

DECK LUBRICATION: The walking belt has been pre-lubricated at the factory. However, it is recommended that the walking board be checked periodically for lubrication to ensure optimal treadmill performance. Every 10 days or 10 hours of operation, lift the sides of the walking belt and feel the top surface of the walking board as far under as you can reach. If you feel signs of silicone, no further lubrication is required. If it feels dry to the touch, lubrication is needed. Ask your retailer or call Service line for the type of silicone.

TO APPLY LUBRICANT TO THE WALKING BOARD

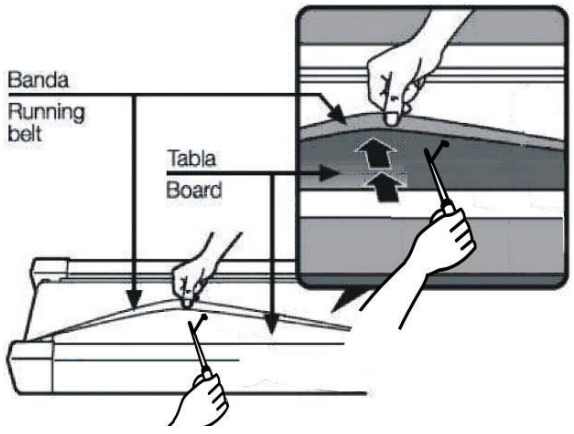
1) Position the walking belt so that the seam is located on top and in the center of the center of the walking board.

2) Insert the spray nozzle into the spray head of the lubricant can.

3) While lifting the side of the walking belt, position the spray nozzle between the walking belt and the board approximately 10cm from the front of the treadmill. Apply the silicone spray to the walking board, moving from the front of the treadmill to the rear. Repeat this on the other side of the belt. Spray approximately 4 seconds on each side.

4) Allow the silicone to 'set' for one minute before using the treadmill.

WARNING: Do not over-lubricate the walking board. Excess lubricant should be wiped off with a clean towel



MAINTENANCE

Running belt tension adjustment

The treadmill has been adjusted and passed QC inspection before leaving the factory. If there is phenomenon of bias running of the belt, the possible reasons might be:

A. The frame is not stably laid

B. The user is not running on the center of the running belt;

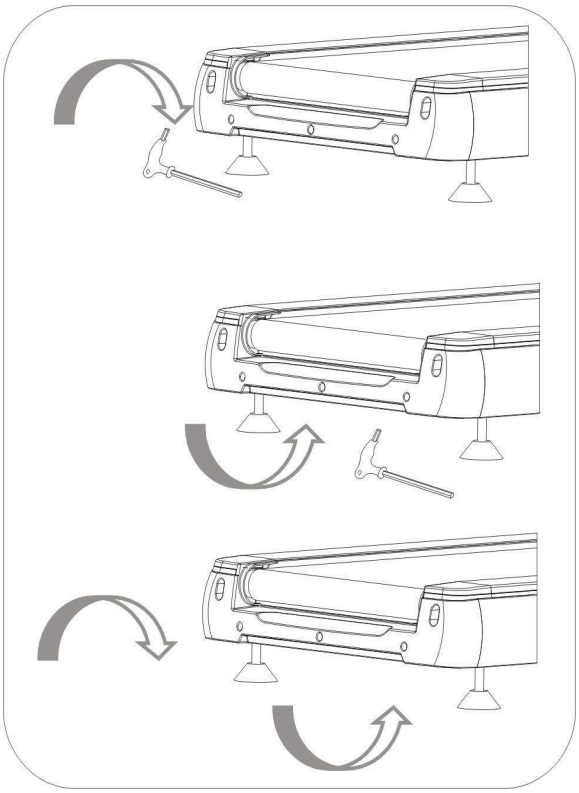
C. The user's two feet are not using even strength.

For bias which can not be fixed automatically, try the following methods to fix the belt, as picture shown

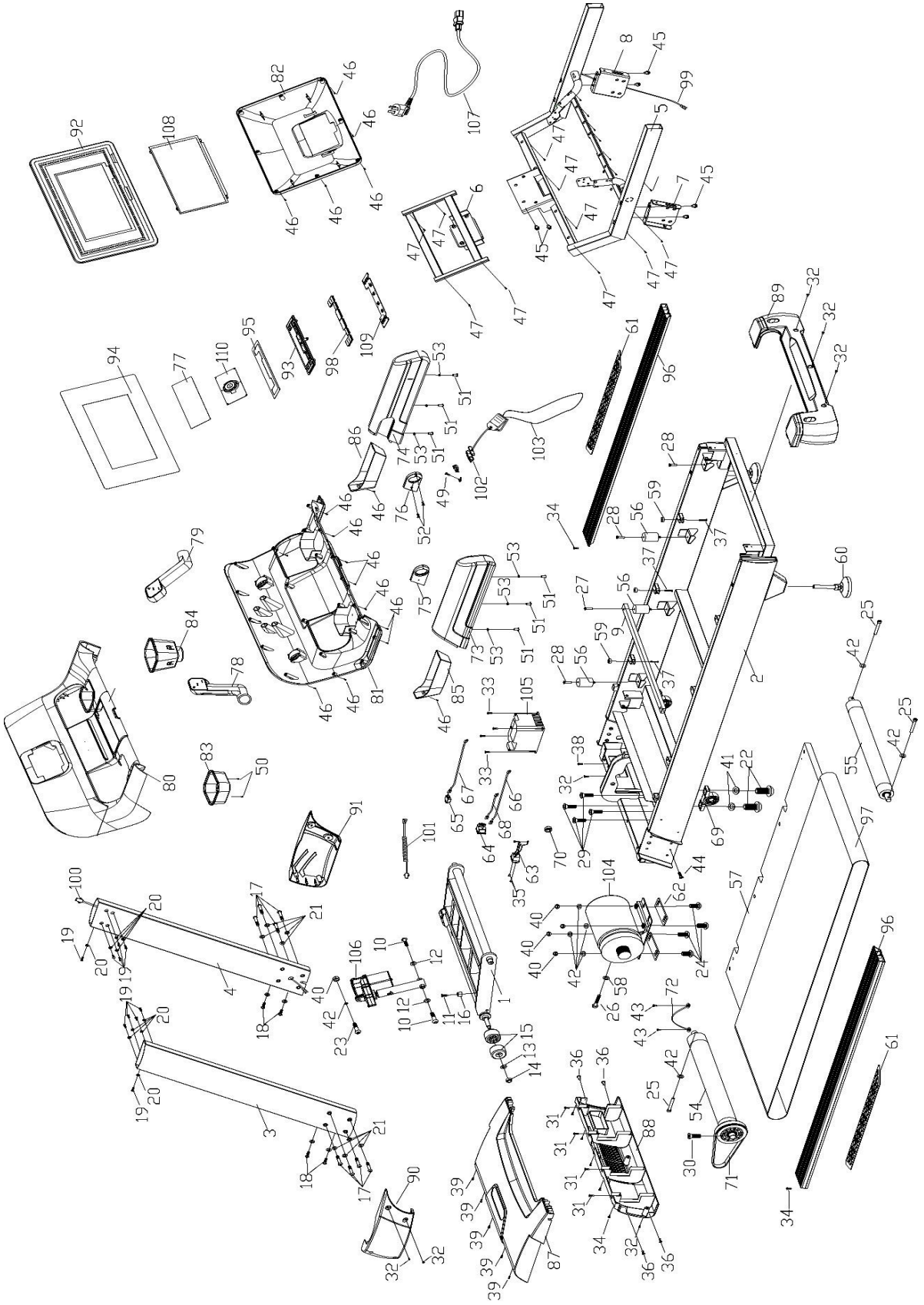
If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turn 1/4 turn each time and check how it works. If the belt remains slanting to the right ,then turn the belt adjustment screw on the left in counterclockwise direction 1/4,as shown in the picture A

If the belt tends to move to the left, then turn the belt adjustment screw on the left in clockwise direction for 1/4 turn. If the belt remains slanting to the left ,then turn the belt adjustment screw on the right in counterclockwise direction for 1/4 turn, as shown in the picture B

After having been used for a period, the belt might be slightly elongated, and slipping and halting might appear when a person is running on it. When these phenomena appear, you should secure the screws on both sides for 1/4 turn. If the belt is too tight, just loosen the screw on both sides for 1/4 turn, as shown in picture C.



EXPLODED DRAWING



PART LIST

NO.	DESCRIPTION	Q'TY
1	INCLINE RACK	1
2	MAIN FRAME	1
3	LEFT UPRIGHT	1
4	RIGHT UPRIGHT	1
5	CONSOLE RACK	1
6	COMPUTER RACK	1
7	COMPUTER RACK CLAMP RING(L)	1
8	COMPUTER RACK CLAMP RING(R)	1
9	CROSS BAR	1
10	HEXAGON SOCKET BUTTON HEAD BOLT M12*35	2
11	CROSS RECESSED TRUSS HEAD BOLT M5*20	2
12	FLATE WASHER ϕ12.5*ϕ24*T1.5mm	2
13	FLATE WASHER ϕ10.5*ϕ20*T1.5mm	2
14	NYLON NUT M10	2
15	MOVING WHEELS ϕ60*ϕ27*15.7*40mm	4
16	CUSHION φ23*φ10*16mm	2
17	HEXAGON SOCKET BUTTON HEAD BOLT M10*60	8
18	HEXAGON SOCKET BUTTON HEAD BOLT M10*20	4
19	HEXAGON SOCKET BUTTON HEAD BOLT M8*15	10
20	FLATE WASHER ϕ8.5*ϕ17*T1.5mm	10
21	FLATE WASHER ϕ10.5*ϕ20*T1.5mm	12
22	HEXAGON SOCKET BUTTON HEAD BOLT M12*30	4
23	HEXAGON SOCKET BUTTON HEAD BOLT M10*45	1
24	HEXAGON SOCKET BUTTON HEAD BOLT M10*35	4
25	HEXAGON SOCKET ROUND HEAD CAP BOLT M10*75	3
26	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*35	1
27	COUNTERSUNK HEXAGON SOCKET SCREW M8*50	2
28	COUNTERSUNK HEXAGON SOCKET SCREW M8*35	6

NO.	DESCRIPTION	Q'TY
29	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*20	4
30	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*15	4
31	SLOTTED HEAD WITH CROSS RECESSED TRUSS HEAD BOLT M6*10	4
32	SLOTTED HEAD WITH CROSS RECESSED TRUSS HEAD BOLT M5*10	12
33	CROSS RECESSED ROUND HEAD DRILLING SCREW M4*19	4
34	CROSS RECESSED PAN WASHER HEAD DRILLING SCREW M4*12	8
35	CROSS RECESSED ROUND HEAD DRILLING SCREW M4*15	2
36	CROSS RECESSED PAN HEAD TAPPING SCREW M4*15	4
37	SLOTTED HEAD WITH CROSS RECESSED TRUSS HEAD BOLT M5*30	6
38	CROSS RECESSED ROUND HEAD PADDED SCREW M4*8	1
39	CROSS RECESSED TRUSS HEAD TAPPING SCREW M4*15	5
40	NYLON NUT M10	5
41	FLATE WASHER ϕ12.5*ϕ24*T1.5mm	4
42	FLATE WASHER ϕ10.5*ϕ20*T1.5mm	8
43	CROSS RECESSED ROUND HEAD PADDED SCREW M5*8	2
44	HEXAGON SOCKET ROUND HEAD CAP BOLT M6*12	2
45	HEXAGON SOCKET ROUND HEAD CAP BOLT M8*15	8
46	CROSS RECESSED PAN HEAD TAPPING SCREW M4*12	43
47	CROSS RECESSED TRUSS HEAD TAPPING SCREW M4*15	22
48	CROSS RECESSED WASHER HEAD TAPPING SCREW M3*6	1
49	CROSS RECESSED WASHER HEAD TAPPING SCREW M3*6	10
50	CROSS RECESSED FLAT COUNTERSUNK HEAD TAPPING SCREWS M4*8	2
51	CROSS RECESSED TRUSS HEAD TAPPING SCREW M5*15	6
52	CROSS RECESSED COUNTERSUNK HEAD TAPPING SCREW M4*16	4
53	FLATE WASHER M5*12*t1.0	6
54	FRONT ROLLER	1
55	REAR ROLLER	1
56	DECK CUSHION	6

PART LIST

NO.	DESCRIPTION	Q'TY
57	RUNNING DECK	1
58	PLASTIC BUSHION	1
59	FOOT RAIL FASTENER	8
60	BASE FOOT PAD	1
61	NON-SLIP PAD	2
62	MOTOR RUBBER PAD	2
63	POWER CORD JACK	1
64	POWER SWITCH	1
65	CIRCUIT BREAKER	1
66	AC CABLE L:400MM,BROWN	1
67	AC CABLE L:400MM,RED	1
68	AC CABLE L:100MM,BROWN	1
69	MOTOR BASE	2
70	MAGNETIC RING	1
71	MOTOR BELT	1
72	GROUND WIRE	1
73	HANDRAIL FOAM(L)	1
74	HANDRAIL FOAM(R)	1
75	HANDRAIL FOAM TRIM(L)	1
76	HANDRAIL FOAM TRIM(R)	1
77	WIRELESS CHARGER STICKER	1
78	LEFT HANDLE BAR	1
79	RIGHT HANDLE BAR	1
80	CONSOLE PLASTIC HOUSING-UPPER	1
81	CONSOLE PLASTIC HOUSING-BACK	1
82	COMPUTER BACK COVER	1
83	STORAGE BASKET	1
84	KETTLE RACK	1
85	CONSOLE PLASTIC COVER(L)	1
86	CONSOLE PLASTIC COVER(R)	1

NO.	DESCRIPTION	Q'TY
87	MOTOR COVER	1
88	MOTOR FRONT COVER	1
89	REAR END CAP	1
90	UPRIGHT COVER(L)	1
91	UPRIGHT COVER(R)	1
92	COMPUTER UPPER COVER	1
93	KEYPAD	1
94	ACRYLIC	1
95	KEYPAD STICKER	1
96	FOOT RAIL	1
97	RUNNING BELT	1
98	KEYPAD	1
99	SIGNAL WIRE(UP)	1
100	SIGNAL WIRE(MID)	1
101	SIGNAL WIRE(LOWER)	1
102	SAFETY KEY NUT SEAT	1
103	SAFETY KEY	1
104	MOTOR	1
105	INVERTOR	1
106	INCLINE MOTOR	1
107	POWER CORD	1
108	TFT DISPLAY	1
109	KEYPAD PCB	1
110	WIRELESS CHARGER PCB FOR PHONE	1

TROUBLE SHOOTING

Error code	Problem	Solution
E01H	No signature from invertor	1、Check if the date cables are connected well. 2、Power on again after 2minutes 3、Replace the invertor if the fault couldn't solved after above two steps.
E02H	Current overload fault	1、Power on again after 5minutes 2、Check if the user weight is over the limited. 3、Add the lubricant oil under the running belt or check the situation of the running belt, running board and roller.
E04H	Overload voltage	1.Check if the voltage is in the standard . 2.Turn on the treadmill again after turn off the power for 1 minutes.
E08H	User weight overload faulty	1、Check if the user weight is over the limited. 2、Add the lubricant oil under the running belt or check the situation of the running belt, running board and roller.
E10H	Phase faulty	1、Check if the power supply is on or not 2、Check if the user weight is over the limited.。 3、Check if the Temperature of invertor is too hot 4、Replace the invertor
E18H	U faulty on the speed sensor	1、Power on again after 2minutes 2、Replace the invertor
E20H	anti-Reserve switch action	1、Check if the anti-reserve switch is on or off 2、Power on again after 2minutes 3、Replace the invertor
E40H	Incline faulty	1、Check if the VR cable of incline motor is connected well or not. 2、Check if the temperature of incline motor is higher or not. If it is too hot, don't use the incline function or turn off the treadmills for 5 minutes until the temperature is going back to normal .
E80H	Invertor overheated	1.Improve ventilation situation for the treadmill and clean the pin on the invertor . 2.Replace the fan (when the temperature of fan is over 50degree then restart the treadmill) or invertor
E81H	Power off faulty	1、Power on again after 2minutes 2、Replace the invertor
E88H	W faulty on the current sensor	1、Power on again after 2minutes 2、Replace the invertor

Error code	Problem	Solution
E16H	Connection fault between the lower cable and invertor	1.Check if the upper cable between the console and upright is connected well . 2.Check if the console cable is connected well with the cable in the invertor. 3.Check if the console is in the normal situation or not. 4.Turn off the treadmill for 2 minutes and then restart 5、Check the invertor
FAIL	Incline self-learning fault	1.Check if the VR cable of incline motor is connected well or not. 2.Do the calibration again
EMERGENCY STOP	Safety key fault	1.Check if the safety key swift has problem or not. 2.Check if the cable of safety key is connected well ot not. 3.Check if the safety key board is damaged or not 4.Check if the console is damaged or not 5.Check if the cable between console and invertor is damged or not