User Manual For
Motorized Treadmill
IV180



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

IMPORTANT PRECAUTIONS

WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your product before use. We assume no responsibility for personal injury or property damage sustained by or through the use of this product.

- Before beginning any exercise program, consult your physician.
- Use the product only as described in this manual.
- It is the responsibility of the owner to ensure that all users of this product are adequately informed of all precautions.
- Keep the product indoors, away from moisture and dust. Do not put the product in a garage or covered patio, or near water.
- Place the product on a level surface with at least 2 ft. (0.6 m) of clearance on either side of the machine and in the case of a treadmill, a 1m x 2m space behind the machine. To protect the floor or carpet from damage, place a mat under the exercise equipment.
- Inspect and properly tighten all parts regularly. Replace any worn parts immediately.
- Keep children under age 14 and pets away from the equipment at all times.
- Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on or in the equipment. Always wear athletic shoes for foot protection.
- The equipment should not be used by persons weighing more than 180 kg.
- The heart rate monitor is not a medical device. Various factors, including the user's movement, may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.
- Over-exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.

Introduction

This user's manual contains assembly, operation, maintenance and safety information.
Please read and retain this manual for future reference.

Safety guidelines

- Read the user's manual and all accompanying literature. Follow it carefully before using your machine.
- Inspect your exercise machine before exercising to ensure that all nuts and bolts are fully tightened.
- Make sure the machine is stable on the floor. Avoid uneven surfaces.
- Nearly all forms of Exercise equipment have moving parts. Keep others, especially children, at a safe distance while exercising
- Make sure all parts of the machine are fully adjusted before use to avoid injury.
- Remove all jewellery, including rings, chains and pins before exercising
- Always wear suitable clothing and footwear during exercise. Do not wear loose-fitting clothing that could become caught in the moving parts of your exercise machine.
- Warm up 5 to 10 minutes before each workout and cool down 5 to 10 minutes afterwards. This allows your heart rate to gradually increase and decrease and will help prevent muscle strain.
- Never hold your breath while exercising. You should breathe at a normal rate in conjunction with the level of exercise being performed.
- Rest adequately between workouts.

THE MAXIMUM RECOMMENDED WEIGHT CAPACITY FOR THIS EQUIPMENT IS 180 KG.

WARNING:

Before commencing any exercise program, please consult your Physician. If at any time during exercise you feel faint, dizzy or experience pain, stop and consult your physician.
The safety level of the equipment can be maintained only if it is examined regularly for damage and wear.

IMPORTANT:

Read all instructions carefully. Assemble the unit as per the steps in the manual. Lay out all parts on the floor and check if you have all the parts needed for assembly to hand before beginning assembly. If there are any discrepancies, please contact the customer service department.

Special Safety Precautions

Power source:

- Choose a place in reach of a socket when placing the product.
- Always connect the appliance to a socket with a grounded circuit and no other appliances connected to it. It is recommended not to use any extension cords.
- A faulty grounding can become an electrical shock risk. Ask a qualified electrician to check the socket in case you do not know if the appliance is grounded appropriately. Do not modify the plug provided with the appliance if it is not compatible with your socket. ask a qualified electrician to install a suitable socket.
- Sudden voltage fluctuations can seriously damage the treadmill. Weather changes or switching on and off other appliances can cause peak voltages, over-voltage or interference voltage. To limit the danger of damage to the treadmill, it should be equipped with an over-voltage protective device (not included).
- Do not leave the power cord below the belt/deck. Do not use the treadmill with a damaged or worn-out power cord.
- Unplug the device before cleaning or performing any maintenance work. Maintenance should only be done by authorized service technicians unless otherwise stated by the manufacturer. Ignoring those instructions would automatically void the warranty.
- Inspect the treadmill before every use to make sure that every part is operational.
- Do not use the treadmill outdoors, in a garage, Shed or under any kind of canopy where this is not sufficient humidity and temperature control. Do not expose the treadmill to high humidity or direct sunlight.
- Never leave a running treadmill unattended.
- Make sure the striding belt is always tense. Start the striding belt before stepping on it.

WARNING:

- If the power cable is damaged, it must be replaced by the manufacturer, its service agent or similarly qualified persons to avoid a hazard.
- This appliance can be used by children aged from 8 years and above and persons with reduced physical, sensory or mental capabilities or lack of experience and knowledge if they have been given supervision or instruction concerning use of the appliance in a safe way and understand the hazards involved.
- Cleaning and user maintenance shall not be made by children without supervision.

Assembly

- Before starting with the assembly of this fitness device carefully read through the assembly guide. We also recommend that you view the assembly drawing before assembly.
- Remove all packaging material and place the individual parts on a free surface. This will provide you with an

overview and will simplify assembly.

- Please consider that there is always the risk of injury when using tools and carrying out technical activities. Please proceed with care when assembling the device.
- Make sure you have a hazard-free working environment and do not, for example, leave tools lying around. Deposit the packaging material in such a way that it does not pose a danger. Foil/plastic bags are a potential risk of suffocation for children!
- Take your time when viewing the drawings and then assemble the device according to the series of illustrations.
- An adult person must carefully assemble the device. If necessary, request aid from another technically talented person.

Unpacking & Assembly

WARNING:

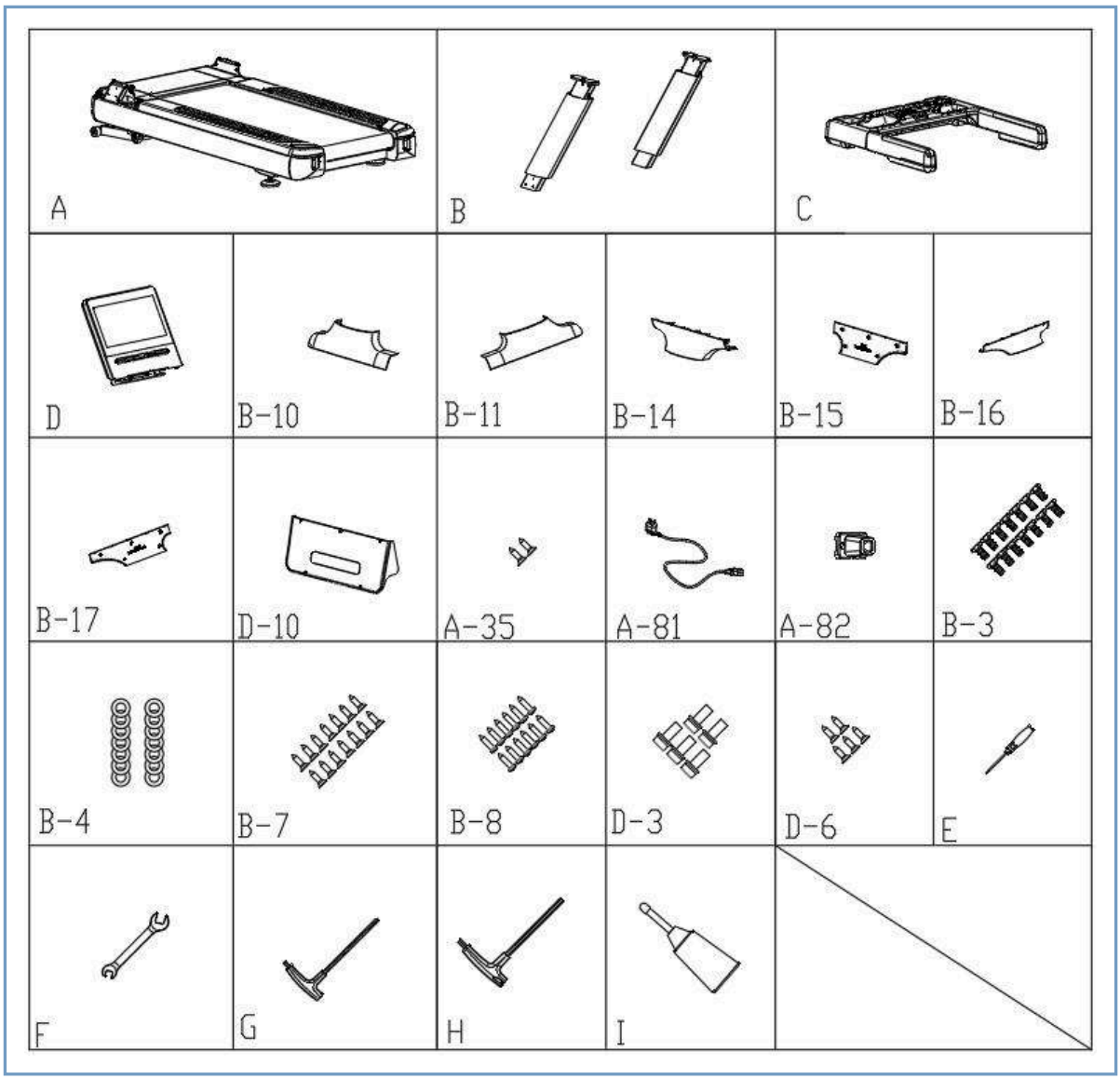
Use extreme caution when assembling this treadmill. Failure to do so could result in injury.

NOTE:

Each step number in the assembly instructions tells you what you will be doing. Read and understand all instructions thoroughly before assembling the treadmill.

Unpack and verify the contents of the box:

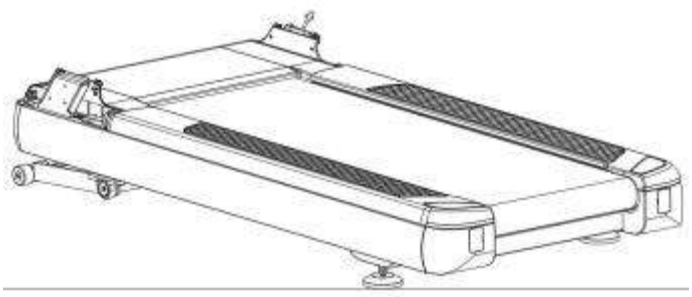
- Lift and remove the box that surrounds the Treadmill.
- Check the following items are present. If any of the parts are missing, contact the dealer.



PARTS LIST					
No.	**Description**	**Quantity**	**No.**	**Description**	**Quantity**
A	**Main frame**	**1**	**A-81**	**Power code**	**1**
B	**Left/right upright**	**1**	**A-82**	**Power code anti-slip clip**	**8**
C	**Console base bracket**	**1**	**B-3**	**Hex bolt M10x20mm**	**14**
D	**Console chip set**	**1**	**B-4**	**Flat washer**	**14**
B-10	**Left upright cover**	**1**	**B-7**	**Cross tapping screw M4x16mm**	**14**
B-11	**Right upright cover**	**1**	**B-8**	**Corss flat tapping screw M4x16mm type**	**12**
B-14	**Console left cover-A**	**1**	**D-3**	**Round hex bolt M8x20MM**	**5**
B-15	**Console left cover-B**	**1**	**D-6**	**Hex tapping bolt**	**5**
B-16	**Console right cover-A**	**1**	**E**	**Screw driver**	**1**
B-17	**Console right cover-B**	**1**	**F**	**Allen wrench 14-17mm**	**1**
D-10	**Console Rear cover**	**1**	**G**	**T-type allen wrench 6mm**	**1**
A-35	**Cross head self-tapping screw M4X16mm**	**1**	**H**	**T-type allen wrench 8mm**	**1**
			I	**Silicon oil**	**1**

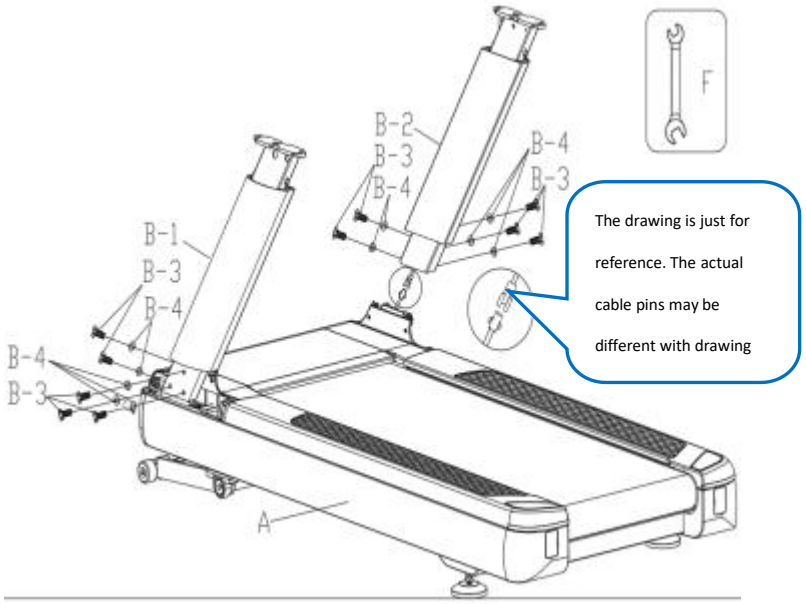
ASSEMBLY INSTRUCTIONS

STEP 1



1. Please note 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 flat floor.

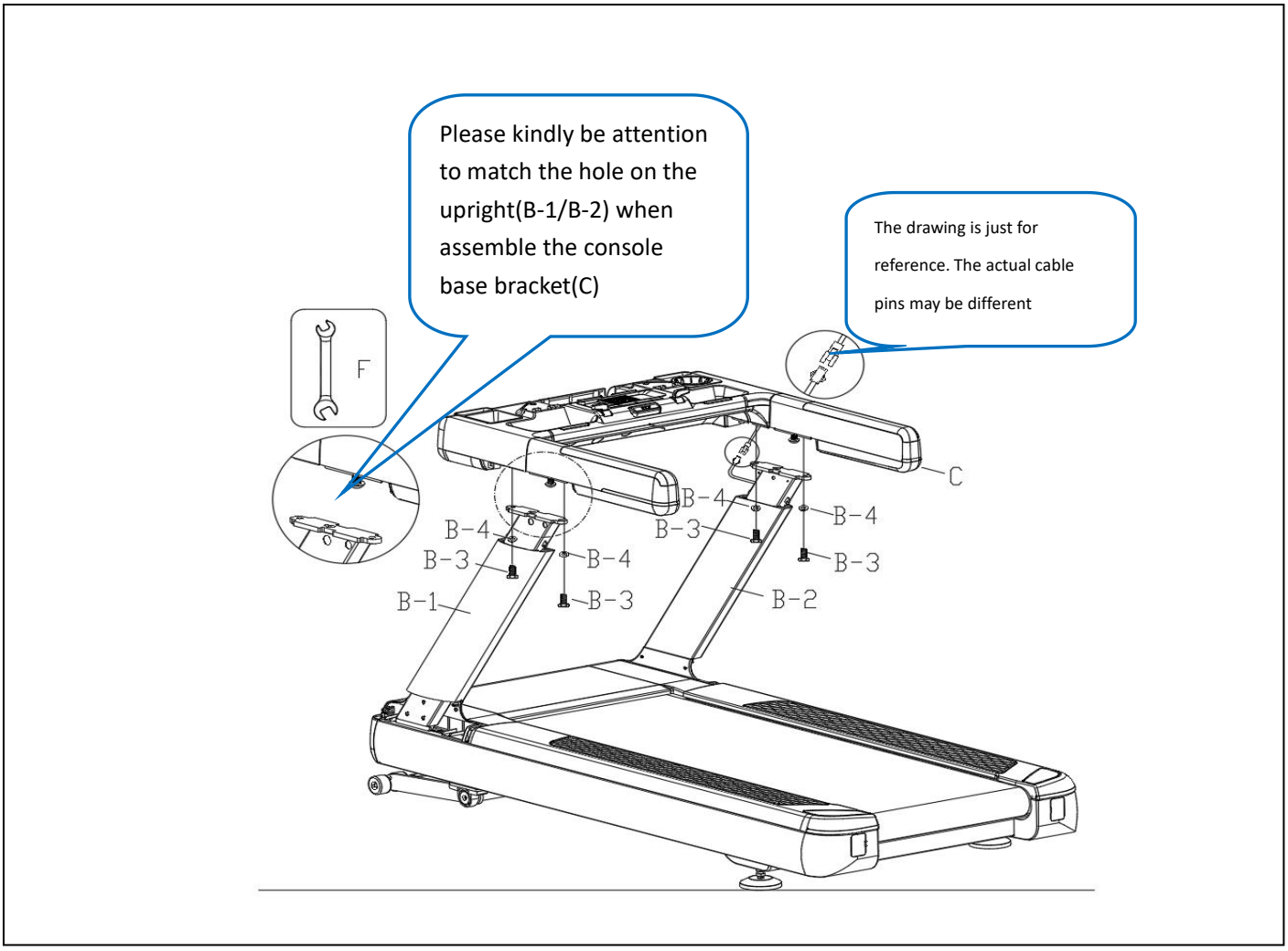
STEP 2



1. Take out the left upright (B-1) and match it with the frame (A), align with the screw holes.Use 5pcs M10*20 bolts (B-3) and 4pcs flat washers (B-4) by 14-17mm# wrench (F) to lock the left upright onto the frame.
2. Connect the communication cable from the bottom right upright(B-2) with the cable from the main frame(A), then insert the cable into the frame(A).
3. Fix the right upright (B-2) to the frame (A) in the same way as left upright to the frame.

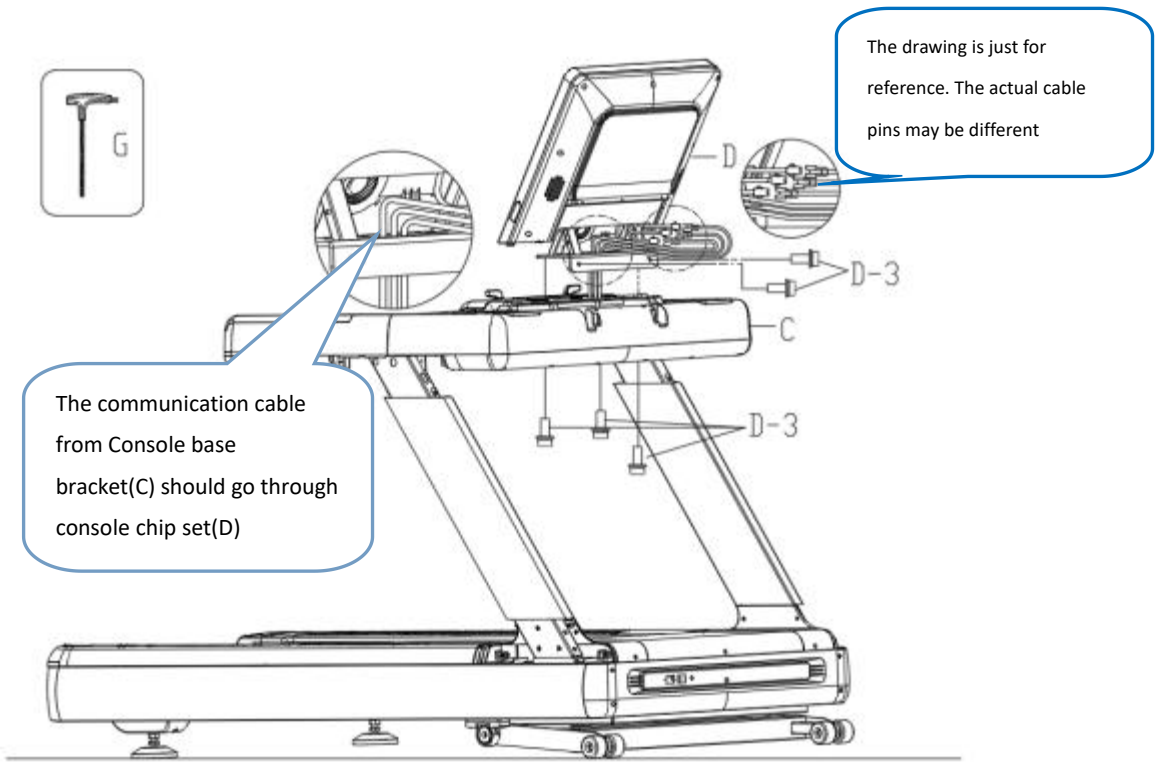
NOTE:Don't fix all the screw tightly at this step.

STEP 3



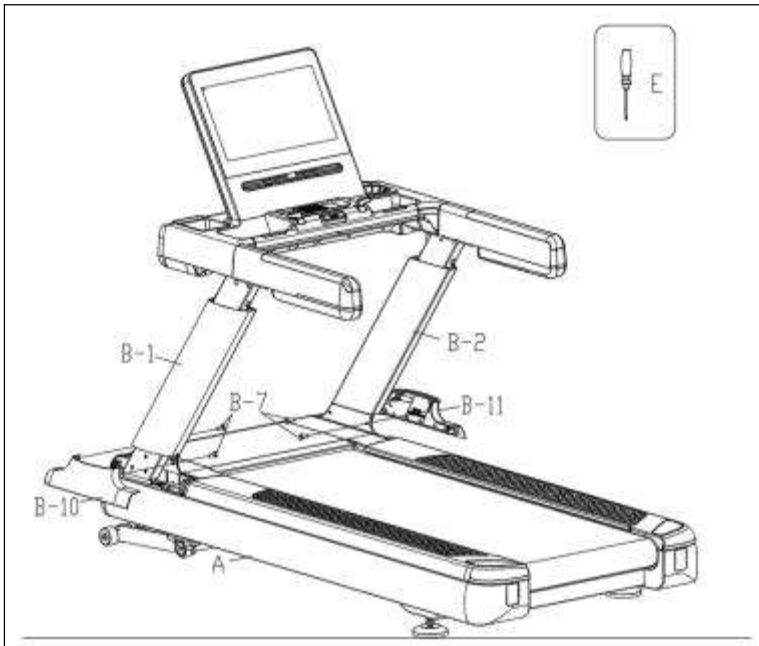
1.Take out the console base bracket(C) from the box ,Holding the left and right hand bar by two persons and pushing them into the holes on the left/right upright(B-1/B-2) the same time.
2.Then Fix the console base bracket(C) with upright(B-1/B-2)with 4pcs M10x20mm hex bolt(B-3) and4pcs flat washer(B-4) by 14-17 allen wrench(F) and tight all screws.
3.Connect the communication cable from the right upright(B-2) with the cable from the console base bracket(C) as the drawing shown.

STEP 4



1. Fix the console chip set(D) on the console base bracket(C) by 2pcs M8x20mm round hex bolt(D-3) with 6mm T type allen wrench(G),Don't tight all screws. (Please be note: The communication cable from Console base bracket(C) should go through console chip set(D) as the drawing shown before fix the console chip set.)
2. Then fix the console chip set(D) on the console base bracket(C) by 3pcs M8x20mm round hex bolt(D-3) with 6mm T type allen wrench(G) from the bottom hole of the console base bracket .
3. Tight all bolts .
4. Connect the cables between the console base bracket (C) and console chip set(D) as above drawing shown.

SETP 5

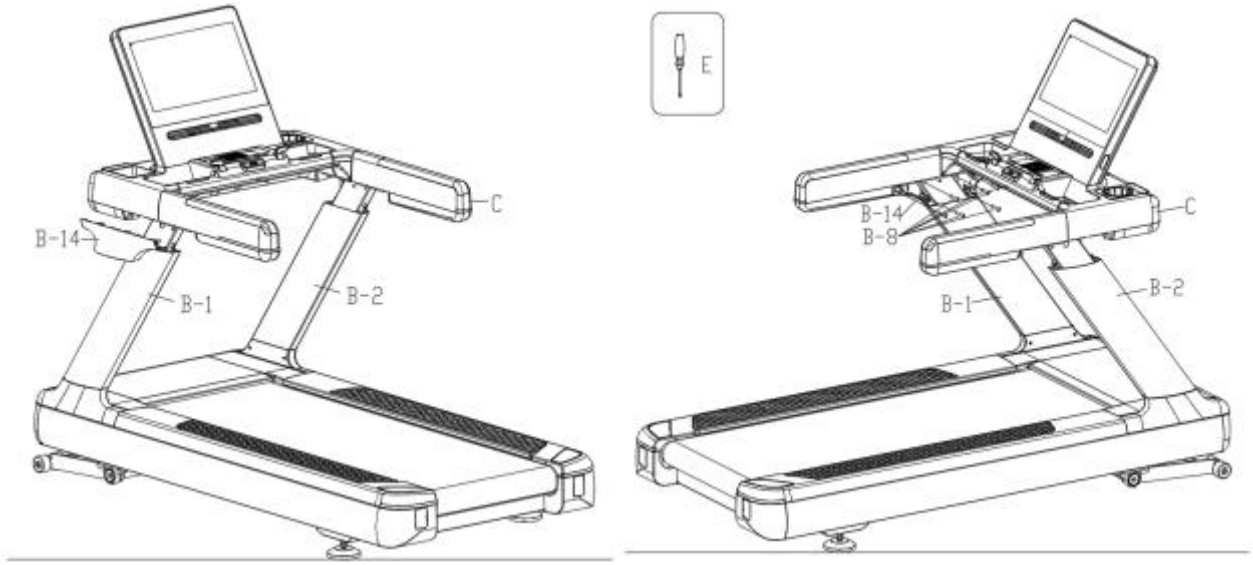


NOTE:PLEASE MAKE SURE ALL BOLTS ARE FIXED TIGHTLY BEFORE THIS STEP.

1.Attach the left upright cover(B-10)on the main frame (A) with 2pcs M4x16mm cross tapping screw by screw driver(E).

2.Do the same way to left upright cover(B-11).

SETP 6

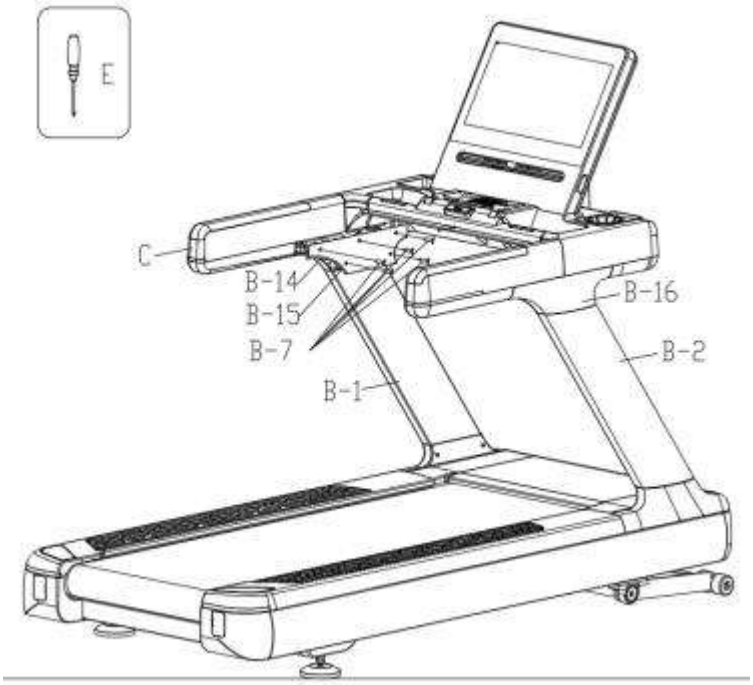


NOTE:PLEASE MAKE SURE THAT ALL SCREWS ON THE LEFT/RIGHT UPRIGHT(B-1/B-2) AND CONSOLE BASE BRACKET(C) ARE FIXED TIGHTLY.

1.Push the console left cover A(B-14)into the left upright(B-1) and console base bracket(C) and then fix them with 6pcs M4x16mm Cross flat tapping screw by screw driver(E).

2. Push the console right cover A(B-16)into the right upright(B-2) and console base bracket(C) and then fix them with 6pcs M4x16mm Cross flat tapping screw by screw driver(E).

SETP 7

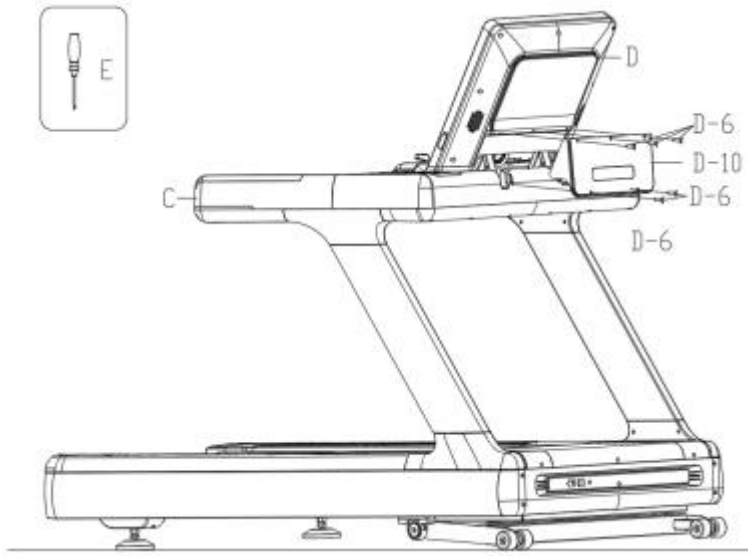


NOTE:PLEASE MAKE SURE ALL SCREWS ON THE CONSOLE LEFT COVER-A(B-14) AND CONSOLE RIGHT COVER-A(B-16)HAVE BEEN FIXED TIGHTLY.

1. Fix the console left cover B(B-15)on the Console left cover A (B-14) and then fix them with 6pcs M4x16mm Cross flat tapping screw(B-7) by screw driver(E).Please check there is no any gap between all parts and then tight the screws.

2. Fix the console right cover B(B-17)on the Console right cover A (B-16) and then fix them with 6pcs M4x16mm Cross flat tapping screw(B-7) by screw driver(E).Please check there is no any gap between all parts and then tight the screws.

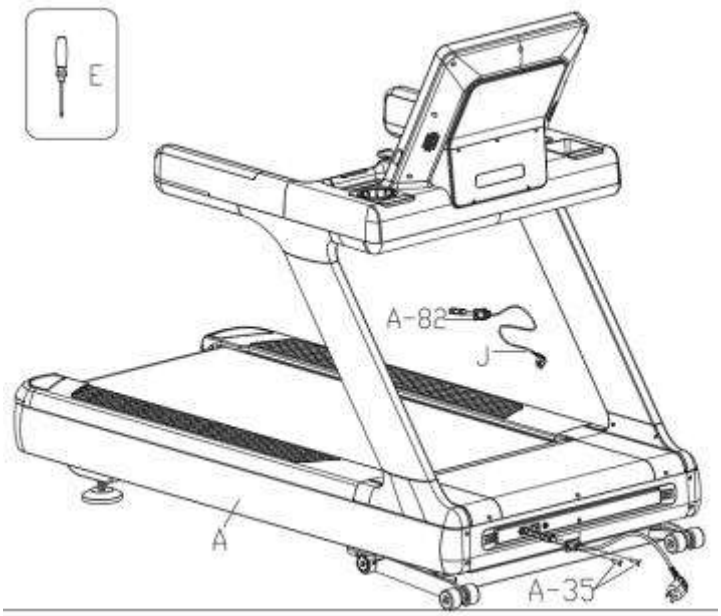
SETP 8



NOTE:PLEASE MAKE SURE ALL SCREWS BETWEENCONSOLE CHIP SET(D)AND CONSOLE BASE BRACKET(C) ARE FIXED TIGHTLY.

Fix the console rear cover(D-10)on the console set chip(D) and console base bracket(C)with 5pcs m4x16mm hex tapping bolt(D-6) by screw driver(E),please make sure there is no gap and then tight all screws.

SETP 9

	Put the power code (A-81) thought Power code anti-slip clip(A-82) and then fix the power code (A-81) on the main frame(A)with 2pcs M4x16mm Cross head self-tapping screw by screw driver(E) until the power code couldn't be pulled out.

NOTE: For your safety and comfort, please check if all screws are fastened.
Congratulation! A brand new motorized treadmill has been successful assembled!

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GENERAL SAFETY TIPS

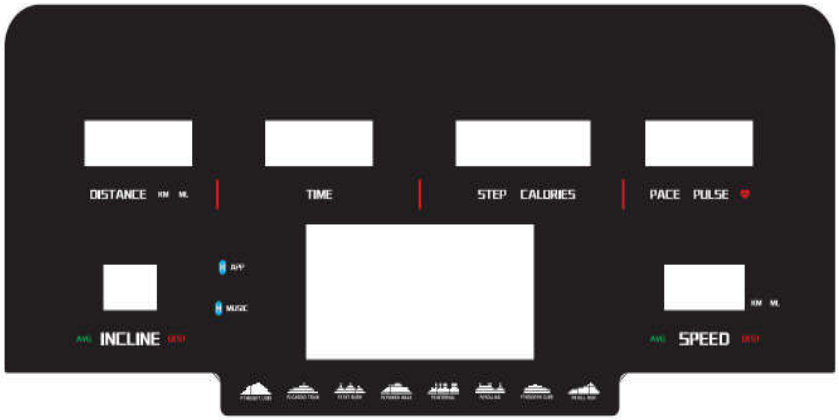
A. Attach the Safety Key to the Computer (the treadmill will not operate without the Safety Key). Clip the other end of the Safety Key to your clothing before exercising to ensure the treadmill will stop if the user accidentally walks off the Treadmill.

B. If the user falls off the Treadmill, the Safety Key will come off the Computer and the treadmill will stop at once to avoid further injury.

C. Do not stand on the Walking Belt while starting the Treadmill. Straddle the Belt and stand on the plastic Foot Rails.

D. The Treadmill will start at 1.0KM/H after start. 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 window 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:

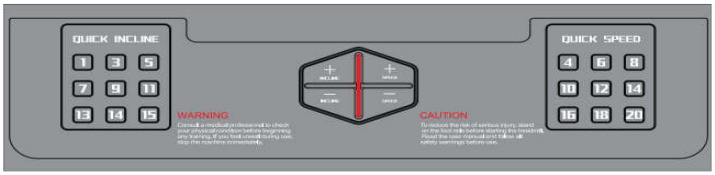
- All windows will display 0 except the PACE/PULSE window display the heart rate if defective under the IDLE MODE.
- The computer will have two “BI” sounds after the target goal discount to 0 and the SPEED window will flash END after the speed reduce to 0.0 , then the system enter into IDLE MODE after 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.

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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 1-25KM/H
- SPPED: Display the running speed, range 1.0-25KM/H,each spped
- BEST SPEED：Display the fastest speed, range 1.0-25KM/H
- PULSE: Display the heart rate and lighted the ICON and display P without heart rate detected.
- AVG INCL: Display the average incline, range 1 to 20 degree
- INCLINE: Display the incline, range 1 to 20 degree
- BEST INCL: Display the max incline during the training, range 1 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

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“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.

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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 "---".

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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

OPERATION GUIDE

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.

Please note, if you have thick or invasive cases on your phone, it may interfere with the charging capabilities of your device.

CONNECT SMART PHONE

Bluetooth Music:

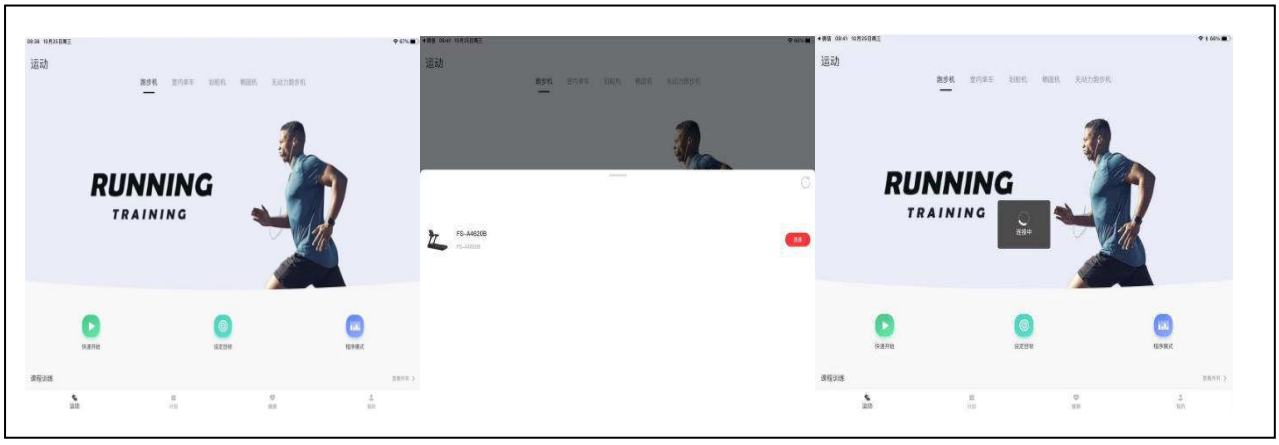
1: Turn on the Bluetooth of the smart phone, search the device, and click to connect the devices.

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:

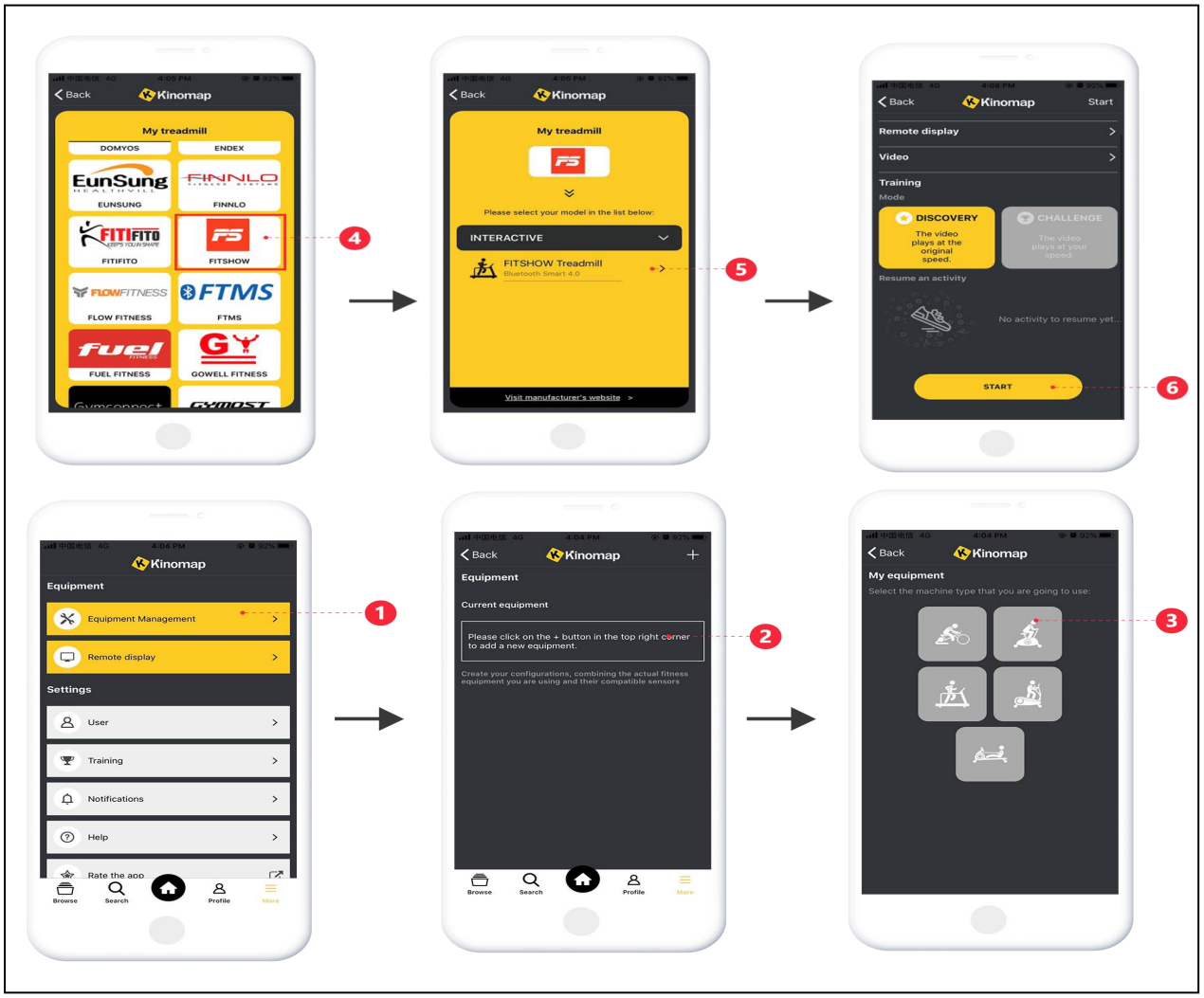
1: Fitshow APP：Download Fit show APP on your mobile and choose RUUNING training, Search the Bluetooth name by “FS” and connect it. The treadmill will start after Bluetooth connected successfully, In the IDLE mode and manual program, The FITSHOW app will sync all the data with the treadmill, the user 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.

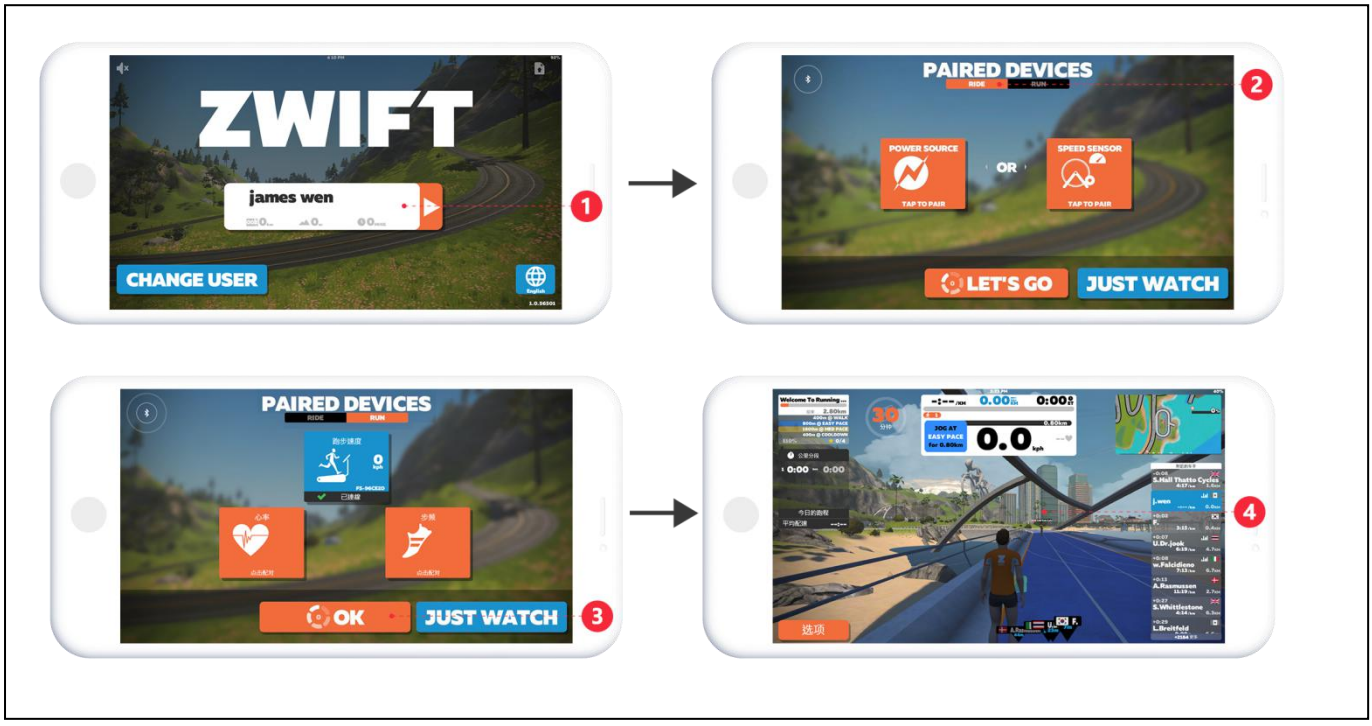
- Enter Kinomap to select [More] page;
- Select to add more fitness equipment;
- Select the desired device type;
- Tap FitShow entrance;
- Tap the matching devices like 'Fs-XXXX' to bind Find related videos to start sports.
- Find related videos to start sports.



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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.



OPERATION 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

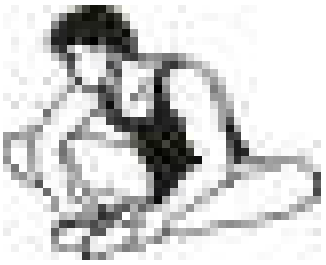
		P7. MOUNTAIN CLIMB															
L1	SPEED	1	1	2	2	3	3	3	4	3	3	3	2	2	2	1	1
	INCLINE	0	1	1	2	2	3	3	4	6	7	8	7	6	4	2	0
L2	SPEED	1	1	2	2	3	3	3	4	3	3	3	2	2	2	1	1
	INCLINE	0	1	2	2	3	3	4	4	7	8	9	8	6	4	2	0
L3	SPEED	1	1	2	2	3	3	3	4	3	3	3	2	2	2	1	1
	INCLINE	1	1	2	3	3	4	4	5	8	9	10	9	8	6	4	2
L4	SPEED	2	2	3	3	4	4	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

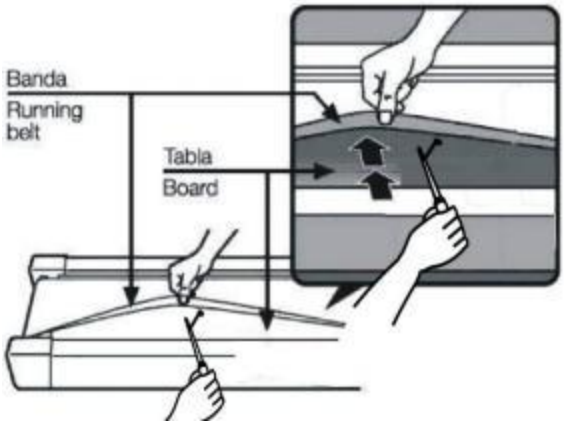
1) Position the walking belt so that the seam is located on top and in the center of the center of the walking board.

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



MAINTENANC

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;

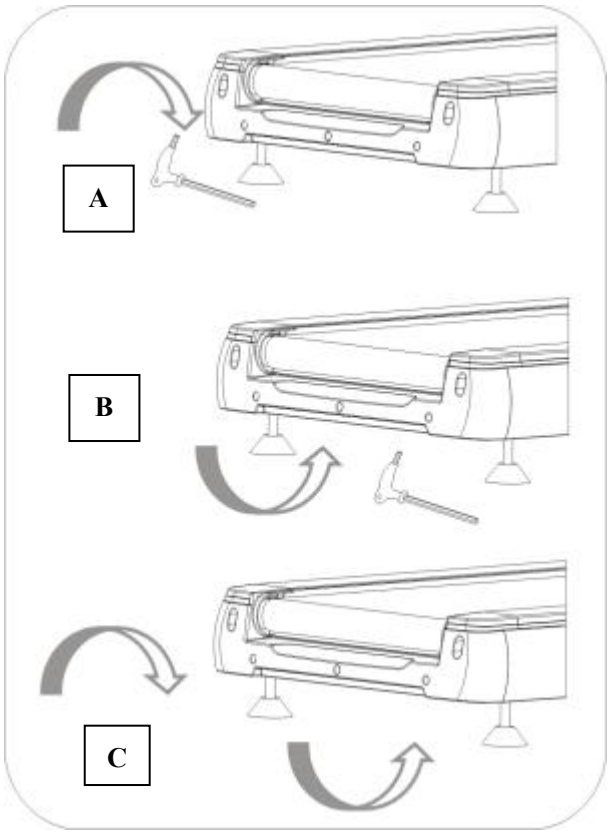
C. The user's two feet are not using even strength.

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

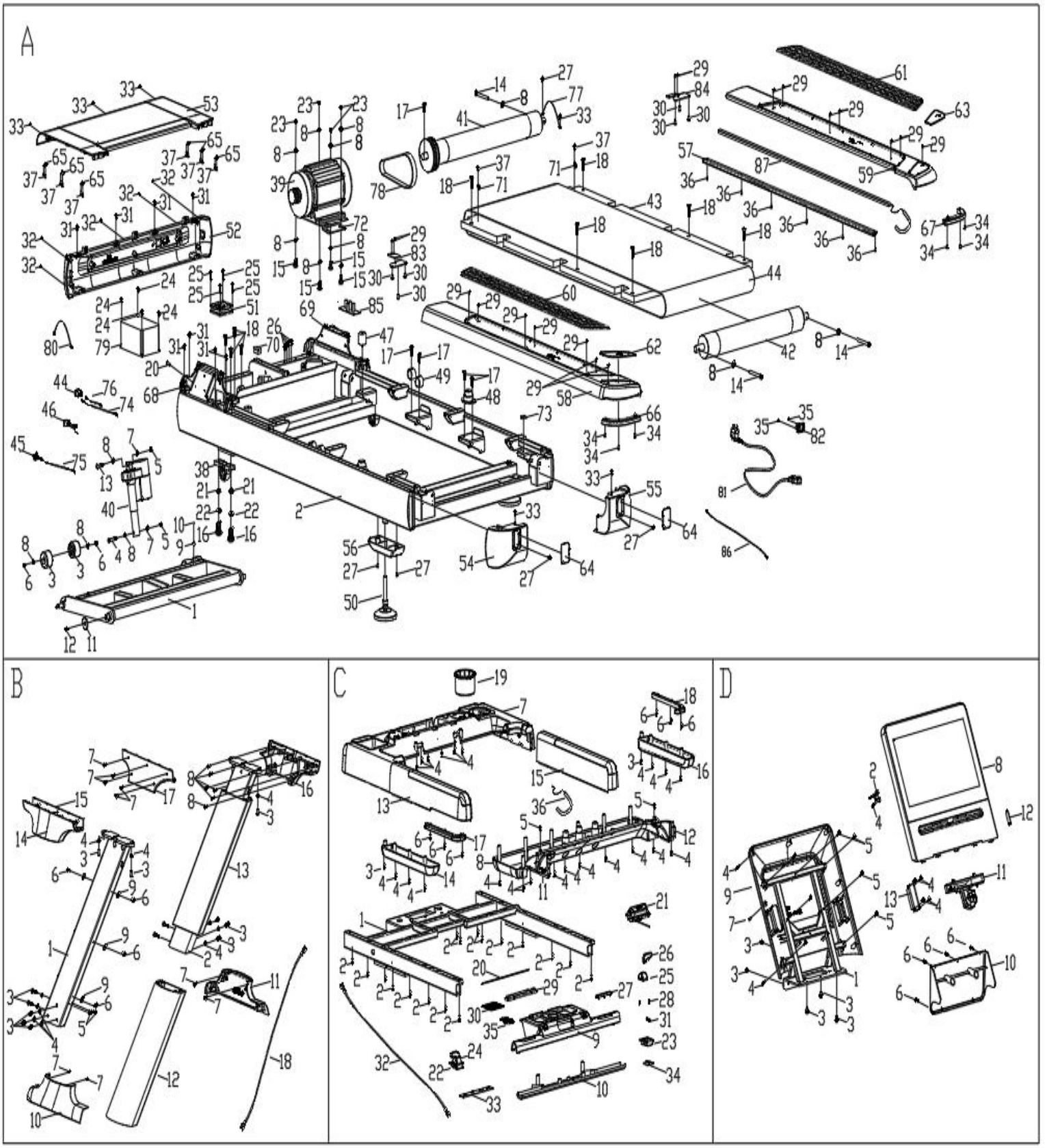
If the belt tends to move to the right, you should turn the belt adjustment screw on the right in clockwise direction. We recommend you turn 1/4 turn each time and check how it works. If the belt remains slanting to the right ,then turn the belt adjustment screw on the left in counterclockwise direction 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		NO.	DESCRIPTION	Q'TY
A	**MAIN FRAME SET**	1		26	Cross round head screw M4*8mm	4
1	Incline bracket	1		27	Cross round head screw M5*8mm	1
2	Main frame	1		28	Slotted cross flat head screw M5*10mm	10
3	Incline wheel	4		29	Slotted cross flat head screw M5*15mm	18
4	Round hex bolt M8*60mm	1		30	Half round head screw M6*15mm	6
5	Nylon nut M8	1		31	Cross head with washer screw M4*15mm	13
6	Cap nut M10	4		32	Cross head screw M4*16mm	5
7	Flat washer ∮ 8.5* ∮ 17	2		33	Cross head screw M4*15mm	6
8	Flat washer ∮ 10.5* ∮ 20	17		34	Cross self tapping screw M4*15mm	6
9	Conical cushion	2		35	Cross head screw M4*14mm	2
10	Cross flat head bolt M4*25mm	2		36	Screw M4*16mm	12
11	Bearing bottom cover	2		37	Screw M4*10mm	17
12	Round hex bolt M8*15mm	2		38	Bearing	2
13	Round hex bolt M8*40mm	1		39	Motor	1
14	Round hex bolt M10*75mm	3		40	Incline motor	1
15	Round hex bolt M10*35mm	4		41	Front roller	1
16	Round hex bolt M12*30mm	4		42	Rear roller	1
17	Round hex bolt M8*15mm	9		43	Running board	1
18	Round hex bolt M8*20mm	4		44	POWER SWITCH	1
19	Hex bolt M8*30mm	6		45	CIRCUIT BREAKER	1
20	Round hex bolt M6*12mm	2		46	POWER CORD JACK	1
21	Flat washer ∮ 12.5* ∮ 24	4		47	Round cushion	2
22	Spring washer ∮ 12.5* ∮ 18.7	4		48	Cushion	2
23	Nylon nut M10	4		49	O type cushion	4
24	Hex round screw M4*10mm	4		50	Foot pad	2
25	Cross flat head screw M4*30mm	4		51	Fan	1

PART LIST

NO.	DESCRIPTION	Q'TY		NO.	DESCRIPTION	Q'TY
52	Front Motor cover	1		80	Grounding line-Yellow green	1
53	Motor cover	1		81	Power code	1
54	Left Rear cover	1		82	Power code anti-slip clip	1
55	Right Rear cover	1		83	FOOT RAIL FASTENER-Left	1
56	Foot pad cover	2		84	FOOT RAIL FASTENER-Right	1
57	Lights cover(optional)	2		85	Power board(Optional)	1
58	Left side rail	1		86	Console lower cable-800mm	1
59	Right side rail	1		87	Side rail lights(optional)	2
60	Left anti-slip pad-A	1		88	Running belt	1
61	Right anti-slip pad-A	1		**B**	**UPRIGHTS SET**	**1**
62	Left side rail decoration cover	1		1	Left upright	1
63	Right side rail decoration cover	1		2	Right upright	1
64	Rear cover decoration cover	2		3	Hex boltM10*20mm	14
65	Motor cover clip	6		4	Flat washer ϕ 10.5* ϕ 20*T1.5mm	14
66	Left rear cover lights seat(optional)	1		5	Cross head screw M4*15mm	4
67	Right rear cover lights seat(optional)	1		6	Cross head screw M4*16mm	12
68	Left side motor cover	1		7	Cross head screw M4*14mm	14
69	Right side motor cover	1		8	Cross head self-tapping screw M4*16mm	12
70	End cap	2		9	FOOT RAIL CLIP	6
71	R-clip	5		10	Left upright cover	1
72	Motor rubber pad	4		11	Right upright cover	1
73	Running board rubber pad	2		12	Left upright side rail	1
74	Single cable-blue	1		13	Right upright side rail	1
75	Single cable-brown 250mm	1		14	Left console cover-A	1
76	Single cable-brown 100mm	1		15	Left console cover-B	1
77	Grounding line	2		16	Right console cover-A	1
78	Motor belt	1		17	Right console cover-B	1
79	Invertor	1				

PART LIST

NO.	DESCRIPTION	Q'TY		NO.	DESCRIPTION	Q'TY
18	Data cable middle-1100mm	1		25	Right quick button seat	1
C	**CONSOLE SET**	1		26	quick button rod	2
1	Console bracket	1		27	Handle pulse	4
2	Cross self-tapping screw M4*16mm	18		28	quick button rod spring	4
3	Cross flat head screw M4*16mm	4		29	key button	1
4	Cross self-tapping screw M4*12mm	37		30	wireless charger sticker(optional)	1
5	Cross self-tapping screw M4*15mm	2		31	Button cap	2
6	Cross head screw M4*16mm	6		32	Data cable upper-1100mm	1
7	Console upper cover	1		33	key button pcb	1
8	Console lower cover	1		34	quick button rod PCB	2
9	Button panel upper cover	1		35	wireless charger (optional)	1
10	Button panel lower cover	1		36	Handrail rail lights set（optional)	2
11	Middle handrail left decoration cover	1		**D**	**CONSOLE CHIP SET**	1
12	Middle handrail right decoration cover	1		1	Console chip bracket	1
13	Left handrail upper cover	1		2	Console chip rear seat	2
14	Left handrail lower cover	1		3	Round hex bolt M8*20mm	5
15	Right handrail upper cover	1		4	Cross self-tapping screw M4*12mm	17
16	Right handrail lower cover	1		5	Cross self-tapping screw M4*16mm	7
17	Left light guide seat(optional)	1		6	Cross head screw M4*14mm	5
18	Right light guide seat(optional)	1		7	Cross flat head screw M4*10mm	2
19	Silicon cup bracket	1		8	Console chip	1
20	Anti-slip pad	1		9	Console chip rear cover	1
21	Safty key set	1		10	Console rear cover	1
22	Left quick button seat PCB	1		11	Fan cover	1
23	Right quick button seat PCB	1		12	USB cover	1
24	Left quick button seat	1		13	Spearker	2

TROUBLE SHOOTING

Error code	Problem	Solution
E01H	Lower voltage fault	1.Turn on the treadmill again after turn off the power for 1 minute. 2.Check if the power plug, power switch and power outlet is loose or not. 3.Check if the power volatge is lower than the standard.
E02H	Temperature speed sensor fault	1.Turn on the treadmill again after turn off the power for 1 minute. 2.Check if the NTC pulg in the invertor is loose or not .
E04H	Current overload fault	1.Turn on the treadmill again after turn off the power for 5 minutes. 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.
E06H	Overload voltage for the invertor	1.Check if the voltage is in the standard . 2.Turn on the treadmill again after turn off the power for 1 minutes.
E08H	Motor isolation fault	1.Turn on the treadmill again after turn off the power for 1 minutes. 2.Check if the motor is in the normal situation. Check if the isolation cable on motor is connected well or not . 3.Add the lubricant oil under the running belt or check the situation of the running belt, running board and roller. If all is under the normal situation, check if the user weight is over the limited.
E09H	Invertor over-heated fault	1.Improve ventilation situation for the treadmill and clean the pin on the invertor . 2.Replace the fan (when the temprature of fan is over 50degree then restart the treadmill) or invertor

TROUBLE SHOOTING

Error code	Problem	Solution
E0AH	Overload on motor fault	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.
E0BH	Overload on invertor fault	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.
E0DH	Motor cable is broken	Check if the connector between the motor and invertor is loosen or not.
E0EH	Brake on the invertor overload fault	Turn off the treadmill for 2 minutes and then restart, if the error code is not solved, then replace the invertor .
E21H	Flash program fault	Turn off the treadmill for 2 minutes and then restart, if the error code is not solved, then replace the invertor .
E22H	EEPROM fault	Turn off the treadmill for 2 minutes and then restart, if the error code is not solved, then replace the invertor .
E23H	Lower voltage fault	1.Check if the voltage of invertor input is in the standard situation. 2.Check if the power plug is on or not.
E25H	Emergency stop	Check if the 2pin cable is connected well between the console and invertor.
E26H	Driver parameter fault	Turn off the treadmill and then restart.
E27H	Lower volatge input fault	Check if the invertor input volage is correct or not
E28H	Higher volateg input fault	Check if the invertor input volage is correct or not
E5	Incline motor fault	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 .

TROUBLE SHOOTING

Error code	Problem	Solution
Incline motor faulty	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
CONNECTION ER ROR	The connection between console and invertor fault	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
E50H	Connection fault between the lower cable and invertor	1.Check if the lower cable is connected well with invertor. 2.Check if the invertor is connected well.
E51H	The communication faulty between the invertor and middle controller PCB	1.Check if the console cable is connected well with the middle controller PCB 2.Check if the console has faulty or not 3.Check if the middle controller has faulty or not.

If the treadmill malfunction is not referred in the text above, please contact the customer service center or call us, you'll receive satisfactory service. If any damaged part, suspend the machine immediately. It cannot be put into use again unless the damaged one is replaced by a qualified original part and the machine is reassembled properly.