IV180



IV180

OWNER'S MANUAL

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

01 SAFETY

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 0.6 m (2 ft) of clearance on either side of the machine and, for a treadmill, a 1 m × 2 m 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.

01 SAFETY

Special safety precautions

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 that you have all the parts needed for assembly before beginning assembly. If there are any discrepancies, please contact the customer service department.

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 if you do not know whether 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 other appliances on and off 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 these instructions will 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 there 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 running belt is always tense. Start the running 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 done by children without supervision.

ASSEMBLY

- Before starting 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 give you an overview and will simplify assembly.

02 ASSEMBLY

Unpacking & assembly

- Please consider that there is always a 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 must carefully assemble the device. If necessary, request help from another technically skilled person.

WARNING

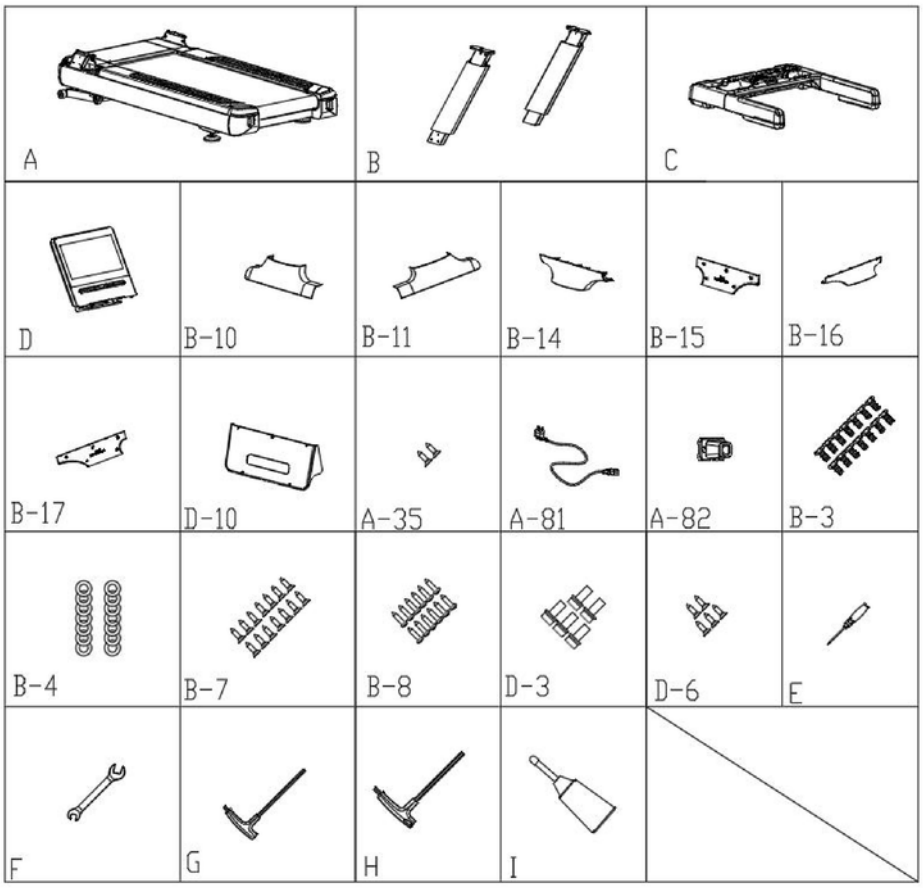
Use extreme caution when assembling this treadmill. Failure to do so could result in injury.

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 that the following items are present. If any of the parts are missing, contact the dealer.

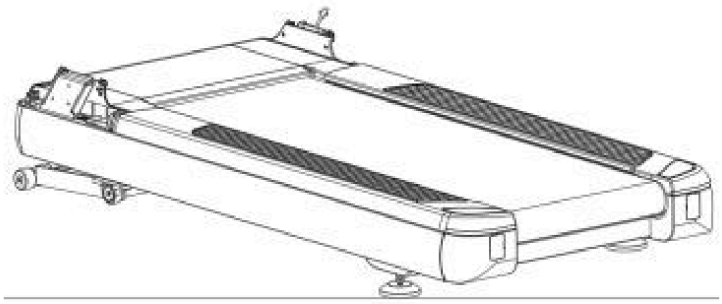


02 ASSEMBLY

Parts list

NO.	DESCRIPTION	QTY
A	Main frame	**1**
B	Left/right upright	**1**
C	Console base bracket	**1**
D	Console chip set	**1**
B-10	Left upright cover	**1**
B-11	Right upright cover	**1**
B-14	Console left cover-A	**1**
B-15	Console left cover-B	**1**
B-16	Console right cover-A	**1**
B-17	Console right cover-B	**1**
D-10	Console Rear cover	**1**
A-35	Cross head self-tapping screw M4X16mm	**2**

NO.	DESCRIPTION	QTY
A-81	Power code	**1**
A-82	Power code anti-slip clip	**8**
B-3	Hex bolt M10x20mm	**14**
B-4	Flat washer	**14**
B-7	Cross tapping screw M4x16mm	**16**
B-8	Corss flat tapping screw M4x16mm type	**12**
D-3	Round hex bolt M8x20MM	**5**
D-6	Hex tapping bolt	**5**
E	Screw driver	**1**
F	Allen wrench 14-17mm	**1**
G	T-type allen wrench 6mm	**1**
H	T-type allen wrench 8mm	**1**
I	Silicon oil	**1**



STEP

01

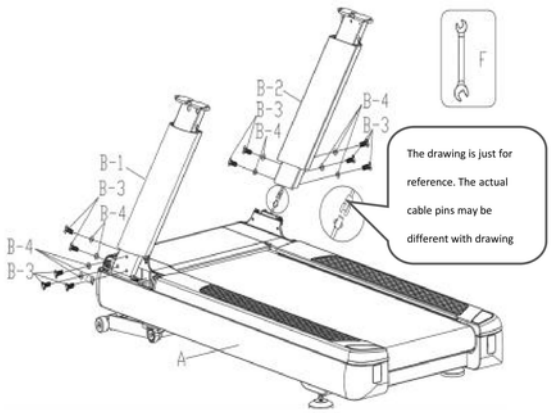
1 At least 2 people are needed to finish the assembly.

2 Open the carton box, and take out all the protection foam and assembly parts.

3 Lay the main frame on the flat floor.

02 ASSEMBLY

Assembly instructions

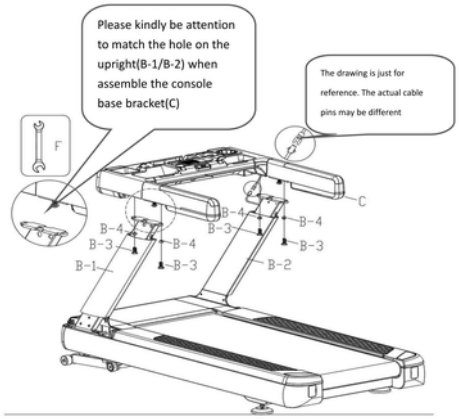


STEP

02

1. Take out the left upright (B-1) and match it with the frame (A), aligning the screw holes. Use 5 pcs M10×20 bolts (B-3) and 5 pcs flat washers (B-4) with the 14–17 mm wrench (F) to lock the left upright onto the frame.
2. Connect the communication cable from the bottom of the 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 the left upright.

> **NOTE**
>
> Do not tighten all the screws fully at this step.



STEP

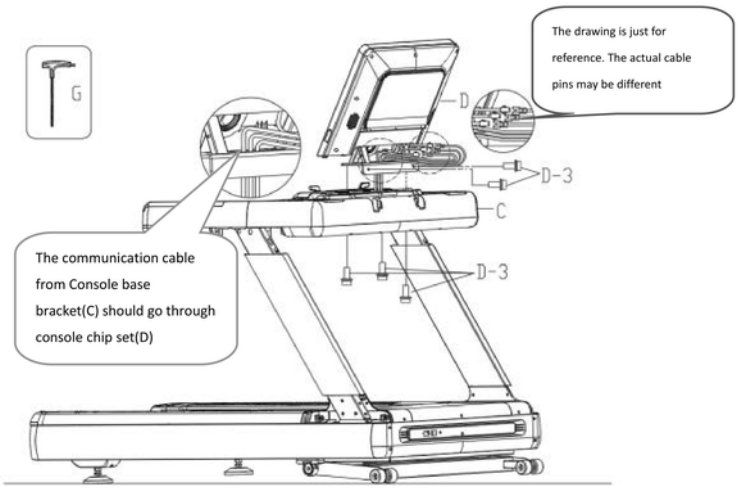
03

1. Take the console base bracket (C) out of the box. With two persons holding the left and right hand bars, push them into the holes on the left/right uprights (B-1/B-2) at the same time.
2. Then fix the console base bracket (C) to the uprights (B-1/B-2) with 4 pcs M10×20 mm hex bolts (B-3) and 4 pcs flat washers (B-4) using the 14–17 mm Allen wrench (F), and tighten 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 shows.

> **NOTE**
>
> Please match the holes on the uprights (B-1/B-2) when assembling the console base bracket (C). The drawing is for reference only; the actual cable pins may be different.

02 ASSEMBLY

Assembly instructions



STEP

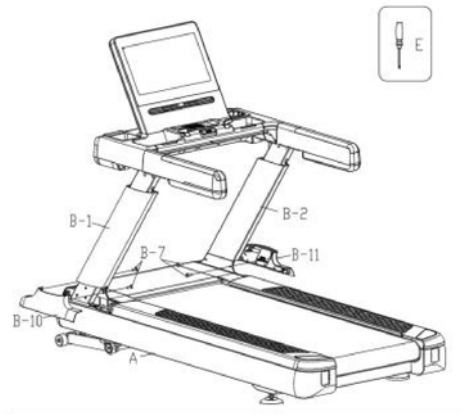
04

1. Fix the console chip set (D) on the console base bracket (C) with 2 pcs M8×20 mm round hex bolts (D-3) using the 6 mm T-type Allen wrench (G). Do not tighten all screws yet. Please note: the communication cable from the console base bracket (C) must go through the console chip set (D), as the drawing shows, before you fix the console chip set.
2. Then fix the console chip set (D) on the console base bracket (C) with 3 pcs M8×20 mm round hex bolts (D-3) using the 6 mm T-type Allen wrench (G), from the bottom hole of the console base bracket.
3. Tighten all bolts.
4. Connect the cables between the console base bracket (C) and the console chip set (D), as the drawing above shows.

> **NOTE**
>
> The drawing is for reference only; the actual cable pins may be different.

02 ASSEMBLY

Assembly instructions



STEP

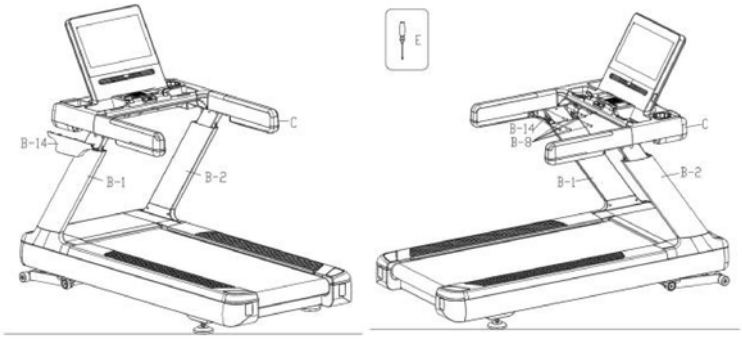
05

NOTE

Please make sure all bolts are fixed tightly before this step.

1 Attach the left upright cover (B-10) to the main frame (A) with 2 pcs M4×16 mm cross tapping screws, using the screwdriver (E).

2 Do the same for the right upright cover (B-11).



STEP

06

NOTE

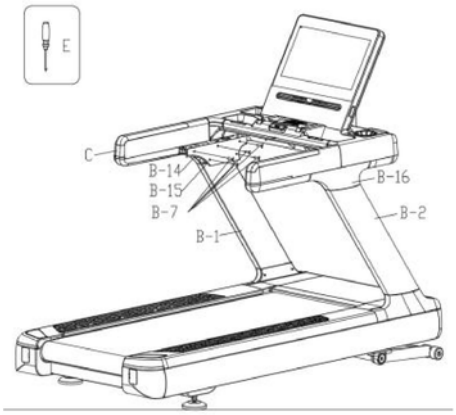
Please make sure that all screws on the left/right uprights (B-1/B-2) and the console base bracket (C) are fixed tightly.

1 Push the console left cover-A (B-14) onto the left upright (B-1) and the console base bracket (C), and then fix them with 6 pcs M4×16 mm cross flat tapping screws, using the screwdriver (E).

2 Push the console right cover-A (B-16) onto the right upright (B-2) and the console base bracket (C), and then fix them with 6 pcs M4×16 mm cross flat tapping screws, using the screwdriver (E).

02 ASSEMBLY

Assembly instructions



STEP

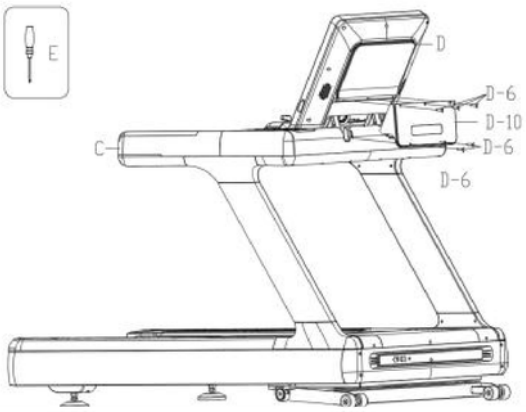
07

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) with 6 pcs M4×16 mm cross flat tapping screws (B-7), using the screwdriver (E). Check that there is no gap between the parts, and then tighten the screws.

2 Fix the console right cover-B (B-17) on the console right cover-A (B-16) with 6 pcs M4×16 mm cross flat tapping screws (B-7), using the screwdriver (E). Check that there is no gap between the parts, and then tighten the screws.



STEP

08

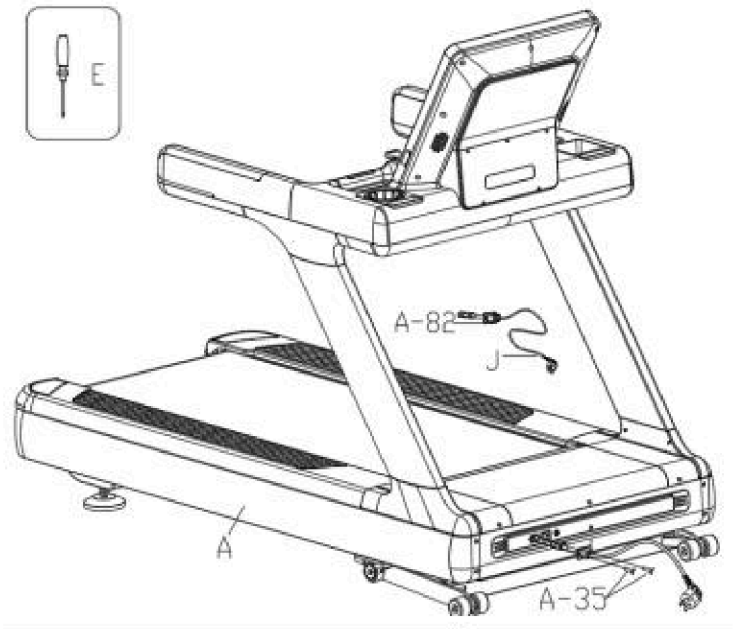
NOTE

Please make sure all screws between the console chip set (D) and the console base bracket (C) are fixed tightly.

1 Fix the console rear cover (D-10) on the console chip set (D) and the console base bracket (C) with 5 pcs M4×16 mm hex tapping bolts (D-6), using the screwdriver (E). Make sure there is no gap, and then tighten all screws.

02 ASSEMBLY

Assembly instructions



STEP

09

1 Put the power cord (A-81) through the power cord anti-slip clip (A-82), and then fix the power cord (A-81) on the main frame (A) with 2 pcs M4×16 mm cross head self-tapping screws, using the screwdriver (E), until the power cord cannot be pulled out.

NOTE

For your safety and comfort, please check that all screws are fastened.

Congratulations! A brand-new motorized treadmill has been successfully assembled!

03 OPERATION

Operation guide

GENERAL SAFETY TIPS

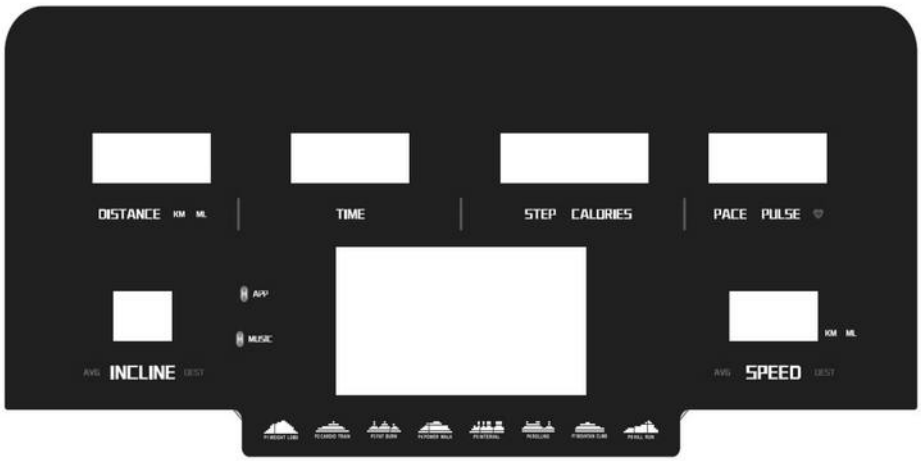
A Attach the safety key to the console (the treadmill will not operate without the safety key). Clip the other end of the safety key to your clothing before exercising, so the treadmill will stop if you accidentally walk off it.

B If the user falls off the treadmill, the safety key will come off the console and the treadmill will stop at once to avoid further injury.

C Do not stand on the running belt while starting the treadmill. Straddle the belt and stand on the plastic foot rails.

D The treadmill will start at 0.5 km/h. If you are a new user, stay at a slow speed and hold on to the hand grips until you become comfortable.

DISPLAY FUNCTION



1 **Power on:** the console lights up for 1 second at power on, and the TIME window shows the system version number (VX.X) for 1 second while the other windows show nothing. The system then goes to IDLE MODE.

2 **IDLE MODE:**

- All windows display 0, except the PACE/PULSE window, which displays the heart rate if detected in IDLE MODE.
- The console beeps twice when the target goal counts down to 0, and the SPEED window flashes END after the speed reduces to 0.0; the system then enters IDLE MODE after 5 seconds.
- Press STOP in pause mode to enter IDLE MODE.
- The system enters IDLE MODE automatically if there is no action in pause mode for 5 minutes.
- The system enters sleep mode if there is no action in IDLE MODE.

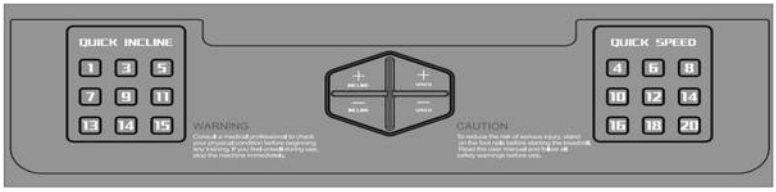
03 OPERATION

Console windows & buttons

3. THE WINDOWS DISPLAY THE INFORMATION BELOW

TIME	Displays the running time, range 0:00–99:59 (MIN:SEC).
PACE	Displays the running pace, range 0:00–99:59 (MIN/KM).
DISTANCE	Accumulates total workout distance, range 0.00–99.59 km.
CALORIES	Accumulates calorie consumption during exercise, range 0–99999.
AVG SPEED	Displays the average speed, range 0.5–25 km/h.
SPEED	Displays the running speed, range 0.5–25 km/h.
BEST SPEED	Displays the fastest speed, range 0.5–25 km/h.
PULSE	Displays the heart rate and lights the icon; displays P when no heart rate is detected.
AVG INCL	Displays the average incline, range 1 to 20 degrees.
INCLINE	Displays the incline, range 1 to 20 degrees.
BEST INCL	Displays the maximum incline during the training, range 1 to 20 degrees.
STEP	Displays the running steps, range 0–99999.

BUTTON FUNCTION





START	Press START and the matrix window counts down “3, 2, 1” to begin the exercise; the SPEED and INCLINE windows show the running data.
STOP	In pause mode, press STOP to return to IDLE MODE: the incline keeps its value and the other data return to zero. While running, press STOP to pause the treadmill: the matrix window shows “PAU”, the speed decreases to zero and the other data do not change. The treadmill enters IDLE MODE if there is no action for 5 minutes. Press STOP to return to the last step when setting a parameter.

03 OPERATION

Buttons & getting started

PROG	In IDLE MODE, press this button to go to the FIT program after “P1” to “P08”; to the user programs after the FIT program; to the HRC programs after “U1” to “U3”; and to the body fat tester program after “HP3”.
MODE	Go to count-down mode in IDLE MODE. Go to L2–L8 mode in a preset program. Set the next parameter in the body fat program, user program, FITNESS program and HRC program. Switch the profile display between SPEED and INCLINE.
U1/U2/U3	Press this button to choose a user program directly.
TIME/DIS./CAL	Press this button to choose the time count-down program, distance count-down program or calorie count-down program directly.
SPEED +/–	Adjusts the speed in steps of 0.1; the speed increases or decreases continuously when pressed for more than 1 second. Also adjusts the value when setting a parameter.
INCLINE +/–	Adjusts the incline in steps of 0.1; the incline increases or decreases continuously when pressed for more than 1 second. Also adjusts the value when setting a parameter.
QUICK SPEED	Press 4, 6, 8, 10, 12, 14, 16, 18 or 20 to choose that speed directly.
QUICK INCLINE	Press 1, 3, 5, 7, 9, 11, 13, 14 or 15 to choose that incline directly.
SAFETY KEY	Take off the safety key to stop the treadmill urgently: the incline keeps its value and the other windows display ---. Put the safety key back, power on the treadmill and go to IDLE MODE.

GETTING STARTED

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; the treadmill will then be on start/ready status.

MANUAL PROGRAM OPERATION

1. Attach the safety key to start the display; the treadmill will then be on start/ready status.
2. Press the START button to begin belt movement after a 3-second countdown. Use the SPEED +/– or QUICK SPEED buttons to adjust the speed, and the INCLINE +/– or QUICK INCLINE buttons to adjust the incline, at any time during training.

03 OPERATION

Manual & count-down programs

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

4 Press STOP to pause the treadmill while running: the incline keeps its position and the matrix window shows “PAU”.

5 Press START to restart the treadmill after a 3-second countdown in pause mode.

6 Press STOP to stop your workout in pause mode; the system also goes to IDLE MODE if no button is pressed for 5 minutes.

7 Pull the safety key away from its position to shut down the console while running: the incline stops at the running position and the other windows show “---”.

COUNT-DOWN PROGRAM OPERATION

> **NOTE**
>
> In this function, one of TIME, DISTANCE and CALORIE can be set to count down for your workout; the others count up. When the count-down reaches zero, the workout ends and the belt stops.

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

2 Press MODE or the “TIME” button to choose the time count-down: the matrix window shows “SET TIME” and the TIME window displays 30:00. Press SPEED +/– or INCLINE +/– to set the count-down TIME from 5:00 to 99:00 minutes.
Or press MODE again, or the “DIS” button, to choose the DISTANCE count-down: the matrix window shows “SET DISTANCE” and the DISTANCE window displays 1.0 km. You can set the count-down DISTANCE from 1.0 km to 99.0 km.
Or press MODE repeatedly, or “CAL” directly, to choose the CALORIE count-down: the matrix window shows “SET CALORIES” and the CALORIE window displays 50 CAL. You can set the count-down CALORIE from 10 to 990.
Press STOP to go back to IDLE MODE while setting the parameter.

3 After setting the count-down for your workout, press START to begin belt movement after a 3-second countdown.

4 During the program you can adjust the speed and incline with the SPEED +/– and INCLINE +/– buttons, or choose the speed or incline with the QUICK SPEED and QUICK INCLINE keys.

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

6 Press STOP to pause the treadmill while running: the incline keeps its position and the matrix window shows “PAU”.

7 Press START to restart the treadmill after a 3-second countdown in pause mode.

03 OPERATION

Preset programs

8 Press STOP to stop your workout in pause mode; the system also goes to IDLE MODE if no button is pressed for 5 minutes.

9 Pull the safety key away from its position to shut down the console while running: the incline stops at the running position and the other windows show “---”.

PRESET PROGRAMS OPERATION

> **NOTE**
>
> There are 64 programs in total (P1–P8, each with 8 levels, L1–L8). All the preset programs are made up of 16 time-based segments; the speed and incline are preset for each segment. The time of the 16 segments in each program is arranged automatically according to the workout time you set.

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

2 Press the PROG button repeatedly until the DISTANCE window shows “P1”, “P2” ... “P8” to choose a preset program, and then press MODE until the CALORIE window shows “L1”, “L2” ... “L8” to choose a level.

3 After selecting a program, the TIME window shows 30:00. Press SPEED +/– or INCLINE +/– to change the workout time. The preset 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 and choose “P1” to “P8” again while setting the parameter.

4 After setting the workout time, press START to accept and begin your workout.

5 During the program you can adjust the SPEED and INCLINE with the SPEED +/– and INCLINE +/– buttons, or use the QUICK SPEED and QUICK INCLINE keys. The speed and incline you set apply only to the current segment; when the segment ends, the program continues with the preset values.

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

7 Press STOP to pause the treadmill while running: the incline keeps its position and the matrix window shows “PAU”.

8 Press START to restart the treadmill after a 3-second countdown in pause mode.

9 Press STOP to stop your workout in pause mode; the system also goes to IDLE MODE if no button is pressed for 5 minutes.

10 Pull the safety key away from its position to shut down the console while running: the incline stops at the running position and the other windows show “---”.

03 OPERATION

Fitness programs operation

1. Press “PROG” repeatedly to choose the FITNESS program: the DISTANCE window shows “FIT” and the TIME window shows “30:00”. The time cannot be reset.
2. Press START to begin the warm-up training. This program has 2 parts: the warm-up or cool-down program, and the testing program. It is better to warm up for 3 minutes before the testing program and to cool down for 3 minutes after the testing program ends; the treadmill then goes back to IDLE MODE.
3. During the program, you can adjust the SPEED with the SPEED +/– buttons, or use the QUICK SPEED buttons to choose the desired number.
4. To get a pulse reading, simply grasp the stainless steel pick-ups on the handrails. It may take a few seconds for the display to reach the actual number. The pulse rate is displayed in the PULSE window.
5. Press STOP to pause the treadmill while running: the incline keeps its position and the matrix window shows “PAU”.
6. Press START to restart the treadmill after a 3-second countdown in pause mode.
7. Press STOP to stop your workout in pause mode; the system also goes to IDLE MODE if no button is pressed for 5 minutes.
8. Pull the safety key away from its position to shut down the console while running: the incline stops at the running position and the other windows show “---”.
9. The testing program (WORKOUT) time depends on the user's body condition. It may stop at any time when the target is met, and returns to IDLE MODE after the program ends.
10. The longest program time is 30 minutes. The program profile is below:

LEVEL	STAGE	TIME	SPEED (KM/H)	INCLINE
1	Warm up	30:00 to 27:01	5	1
2	Training 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
10	Training 3	06:00 to 04:01	8	1
11	Training 3	04:00 to 03:01	6	0
12	Cool-down	03:00 to 00:00	2	0

03 OPERATION

User programs operation

There are 3 user programs in addition to the 64 preset programs.

1. Press “PROG” repeatedly to choose one program from U1–U3: the DISTANCE window shows “U1”, “U2” or “U3” and the TIME window shows “30:00”. Press SPEED +/– or INCLINE +/– to set the desired running time, and then press the START button to start the treadmill after setting the training time.
2. Press MODE to set the speed and incline: the CALORIES window shows “S-01” (the first segment), and the SPEED and INCLINE windows show the current speed and incline. Press SPEED +/– or the QUICK SPEED keys to set the desired speed, and INCLINE +/– or the QUICK INCLINE keys to set the desired incline.
3. Press MODE to finish the setting for the first segment and 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 remaining 14 segments, and then press MODE to confirm all the parameters. Press STOP to return to the last step at any time while setting the parameters. All the data are saved until you set them again.
5. Press START to begin the training. During the program you can adjust the SPEED with the SPEED +/– buttons, or use the QUICK SPEED buttons to choose the desired number. The speed and incline you set apply only to the current segment; when the segment ends, the program continues with the preset values.
6. To get a pulse reading, simply grasp the stainless steel pick-ups on the handrails. It may take a few seconds for the display to reach the actual number. The pulse rate is displayed in the PULSE window.
7. Press STOP to pause the treadmill while running: the incline keeps its position and the matrix window shows “PAU”.
8. Press START to restart the treadmill after a 3-second countdown in pause mode.
9. Press STOP to stop your workout in pause mode; the system also goes to IDLE MODE if no button is pressed for 5 minutes.
10. Pull the safety key away from its position to shut down the console while running: the incline stops at the running position and the other windows show “---”.

03 OPERATION

HRC programs operation

1 Press “PROG” to choose “HP1”, “HP2” or “HP3”: the matrix window shows “HRC AGE SET”, the DISTANCE window shows “HP1”, “HP2” or “HP3”, the PULSE window shows “80” and the CALORIES window shows the age “30”. Press SPEED or INCLINE +/– to set the age from 15 to 80.

2 Press “MODE” to set the target heart rate: the matrix window shows “HRC THR SET” and the PULSE window shows “80”. Press SPEED or INCLINE +/– to set the target heart rate; the range is 80 to (220 – age) × 0.9.

3 Press “MODE” to set the running time: the matrix window shows “HRC TIME SET” and the TIME window shows “30:00”. Press SPEED or INCLINE +/– to set the running time; the range is 5:00–99:00.

4 Press “MODE” after the 3 steps above: the TIME window shows the time you set, and the SPEED and INCLINE windows show the data of the WARM UP mode. Press STOP to return to the last step while setting the parameters, or press PROG to choose other programs.

5 The HRC program process is as below:

HP1

Press START to start the treadmill; the initial speed is 1 km/h and the incline is 0. After running 1 minute at 1 km/h, the treadmill adjusts the speed every 30 seconds as below:

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

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

C (User heart rate – target heart rate) > 30: the speed will decrease by 2.0 km/h;

D (User heart rate – target heart rate) < 30: the speed will decrease by 1.0 km/h;

HP2

Press START to start the treadmill; the initial speed is 4 km/h and the incline is 4. After running 1 minute at 4 km/h, the treadmill adjusts the incline every 30 seconds as below:

A (Target heart rate – user heart rate) > 30: the incline will increase by 2 levels;

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 levels;

D (User heart rate – target heart rate) < 30: the incline will decrease by 2 levels.

03 OPERATION

HRC programs & body fat

HP3

Press START to start the treadmill; the initial speed is 3 km/h and the incline is 2. After running 1 minute at 3 km/h, the treadmill adjusts the incline and speed every 30 seconds as below:

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

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

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

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

6 The speed reduces to 1.0 km/h once the user's heart rate is over (220 – age) or no heart rate is detected; at the same time the console alarms every second, and the treadmill stops after this continues for 15 seconds.

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

8 Press STOP to pause the treadmill while running: the incline keeps its position and the matrix window shows “PAU”.

9 Press START to restart the treadmill after a 3-second countdown in pause mode.

10 Press STOP to stop your workout in pause mode; the system also goes to IDLE MODE if no button is pressed for 5 minutes.

11 Pull the safety key away from its position to shut down the console while running: the incline stops at the running position and the other windows show “---”.

BODY FAT SCALE

This function estimates your body fat from the basic information about your body.

> **NOTE**
>
> This estimate is not exact. Persons with medical conditions and/or a specific need for an accurate body fat value should not rely on these estimates.

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

03 OPERATION

Body fat scale

2 After entering the BODY FAT function, the SPEED window displays F-1 and the DISTANCE window displays 01: this is GENDER. Press SPEED +/– or INCLINE +/– to set 01 (male) or 02 (female). Then press MODE to go to the next step.

3 The SPEED window displays F-2 and the DISTANCE window displays 25: this is AGE. Press SPEED +/– or INCLINE +/– to set your age from 10 to 99. Then press MODE to go to the next step.

4 The SPEED window displays F-3 and the DISTANCE window displays 170: this is HEIGHT. Press SPEED +/– or INCLINE +/– to set your height from 100 cm to 200 cm. Then press MODE to go to the next step.

5 The SPEED window displays F-4 and the DISTANCE window displays 70: this is WEIGHT. Press SPEED +/– or INCLINE +/– to set your weight from 20 kg to 150 kg. Then press MODE to go to the next step.

6 After setting all the information, press MODE again: the SPEED window displays F-5 and the TIME window displays "---", which means the console starts calculating. Hold the pulse sensors on the handrails with both hands; about 5 seconds later the body fat result is displayed in the TIME window. Press STOP to go back to IDLE MODE.

7 The result from the body fat scale can be used as a reference for your body condition. Check your body condition in the chart below 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

04 CONNECTIVITY

Sleep mode, charging & apps

SLEEP MODE

The system goes into sleep mode if there is no action for 5 minutes in IDLE MODE, on the ERROR code page or while setting a parameter. Press any button to wake up the system.

WIRELESS CHARGER FOR YOUR PHONE

This treadmill is equipped with a wireless phone charger. To charge your phone, follow the steps below.

1. Power on the treadmill.
2. Place your phone (compatible with wireless charging) on the charger area. The phone will display the charging status.



NOTE

If your phone has a thick or metal case, it may interfere with the charging of your device.

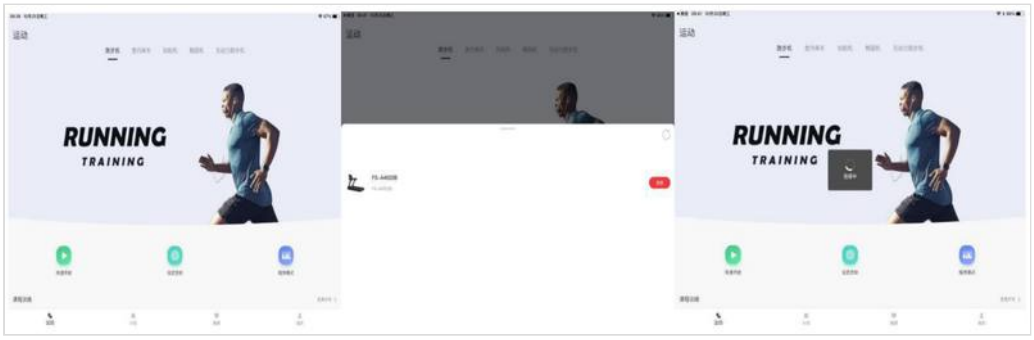
CONNECT A SMARTPHONE

Bluetooth music

1. Turn on Bluetooth on your smartphone, search for the device and tap to connect.
2. After connecting, the sound from your smartphone plays through the speaker on the console.
3. Adjust the volume on the phone, not on the treadmill console.

Bluetooth apps

1. **FitShow app:** download the FitShow app on your mobile and choose RUNNING training. Search for the Bluetooth name starting with “FS” and connect it. The treadmill will start after Bluetooth is connected successfully. In IDLE mode and the manual program, the FitShow app syncs all the data with the treadmill, and the user can adjust the speed and incline in the app or quit the training. In the other programs, FitShow only syncs the speed, incline and heart rate data.



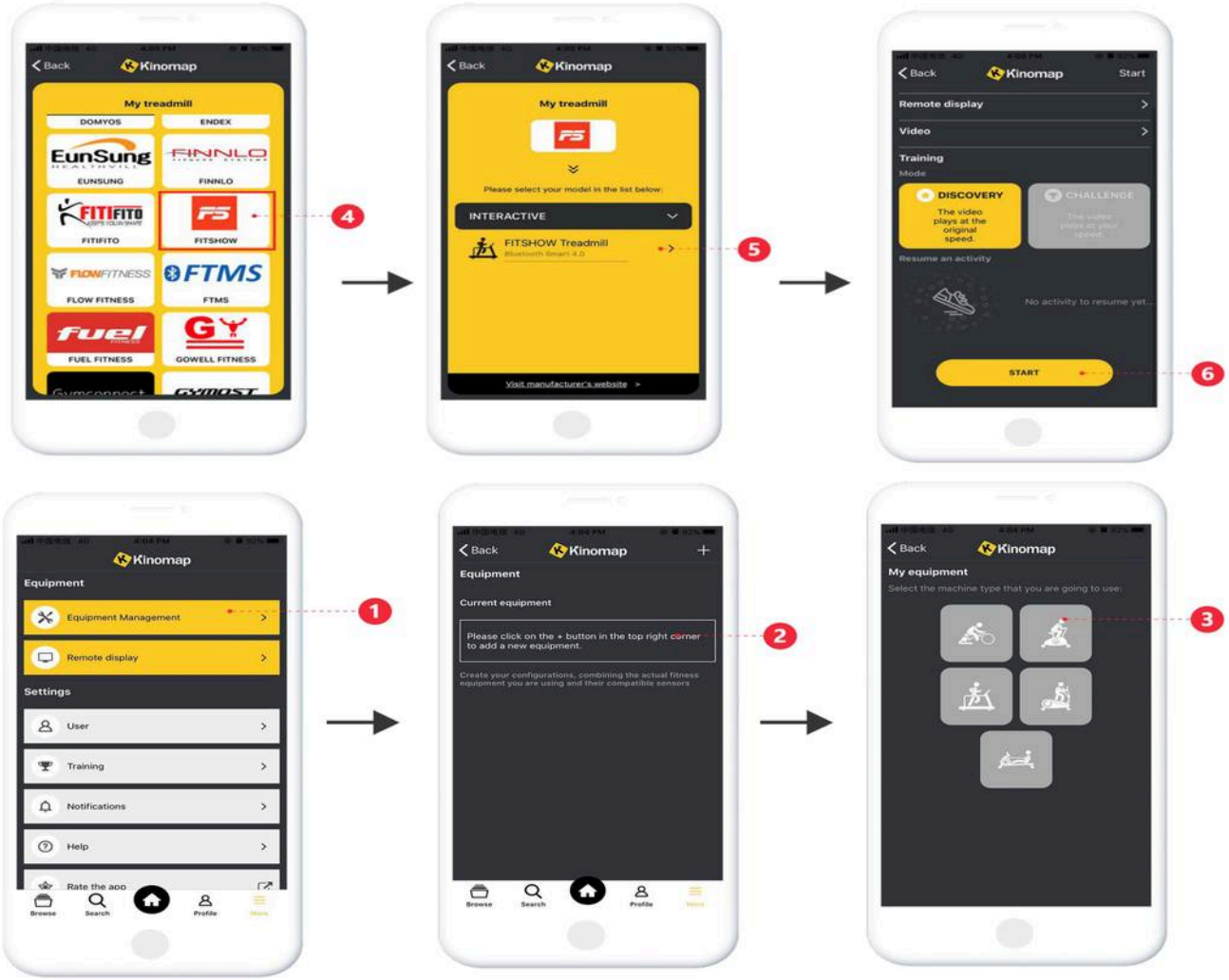
04 CONNECTIVITY

Kinomap app

2. KINOMAP APP

Search for, download and install Kinomap from the App Store.

- Open Kinomap and select the [More] page;
- Select to add more fitness equipment;
- Select the desired device type;
- Tap the FitShow entrance;
- Tap the matching device, such as “FS-XXXX”, to bind it;
- Find related videos to start your workout.



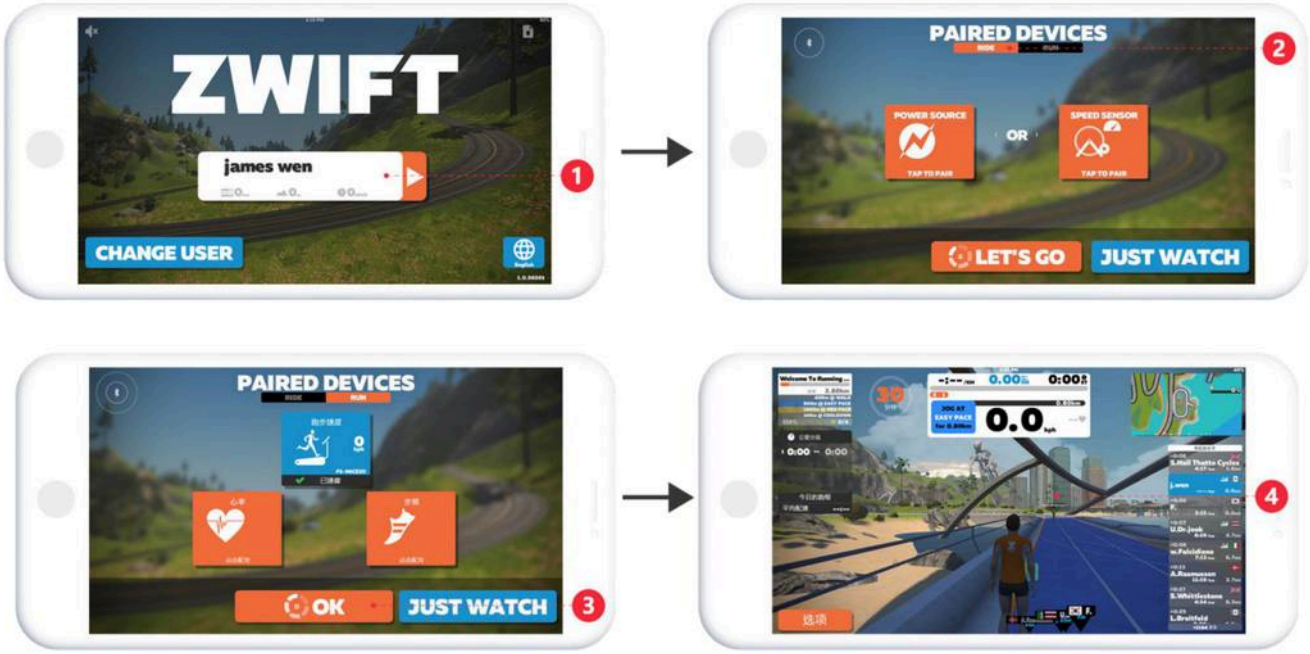
04 CONNECTIVITY

Zwift app

3. ZWIFT APP

Search for, download and install Zwift from the App Store.

- Open Zwift and register an account;
- Log in and select the paired riding or running device;
- When the device is paired successfully, tap OK to start your workout;
- For riding equipment, start riding directly. For running equipment, press the START button to start running.



03 OPERATION

Preset program chart

Set total time ÷ 16 = running time of each segment. Speed in km/h; incline in levels.

P1. Weight Loss SPEED & INCLINE

Level	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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 SPEED & INCLINE

Level	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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

03 OPERATION

Preset program chart

P3. Fat Burn SPEED & INCLINE

Level	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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 SPEED & INCLINE

Level	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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

03 OPERATION

Preset program chart

P5. Interval SPEED & INCLINE

Level	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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 SPEED & INCLINE

Level	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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

03 OPERATION

Preset program chart

P7. Mountain Climb SPEED & INCLINE

Level	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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 SPEED & INCLINE

Level	Segment	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16
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

05 STRETCHING

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 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 and your knees pointing outward. Pull your feet as close to 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 the 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.



05 STRETCHING

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.

06 MAINTENANCE

Maintenance

> **⚠ WARNING**
>
> Before performing any maintenance on your treadmill, always unplug the power cord from the surge protector. To prevent electrical shock, make sure the power to the treadmill is OFF and the unit is unplugged from the wall outlet before any cleaning or maintenance.

CLEANING	Routine cleaning of your treadmill will extend its life.
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	A treadmill mat is recommended for easier 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 running belt has been pre-lubricated at the factory. However, the running board should be checked regularly for lubrication to keep the treadmill performing well. Every 10 days or 10 hours of operation, lift the sides of the running belt and feel the top surface of the running 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 the service line for the type of silicone.

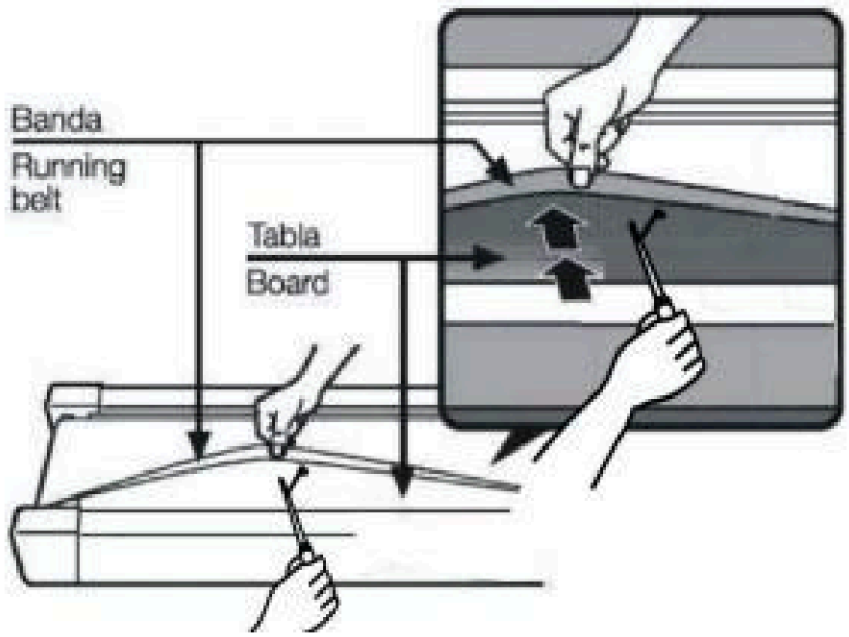
TO APPLY LUBRICANT TO THE RUNNING BOARD

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

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

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

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



> **⚠ WARNING**
>
> Do not over-lubricate the running board. Wipe off excess lubricant with a clean towel.

06 MAINTENANCE

Running belt tension adjustment

The treadmill has been adjusted and has passed QC inspection before leaving the factory. If the belt runs off-center, the possible reasons are:

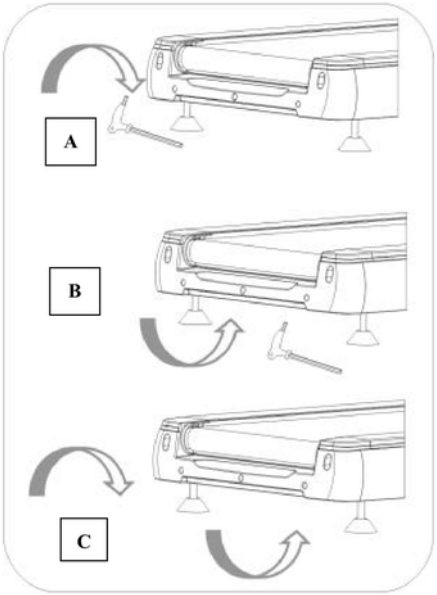
A The frame is not standing stably.

B The user is not running in the center of the running belt.

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

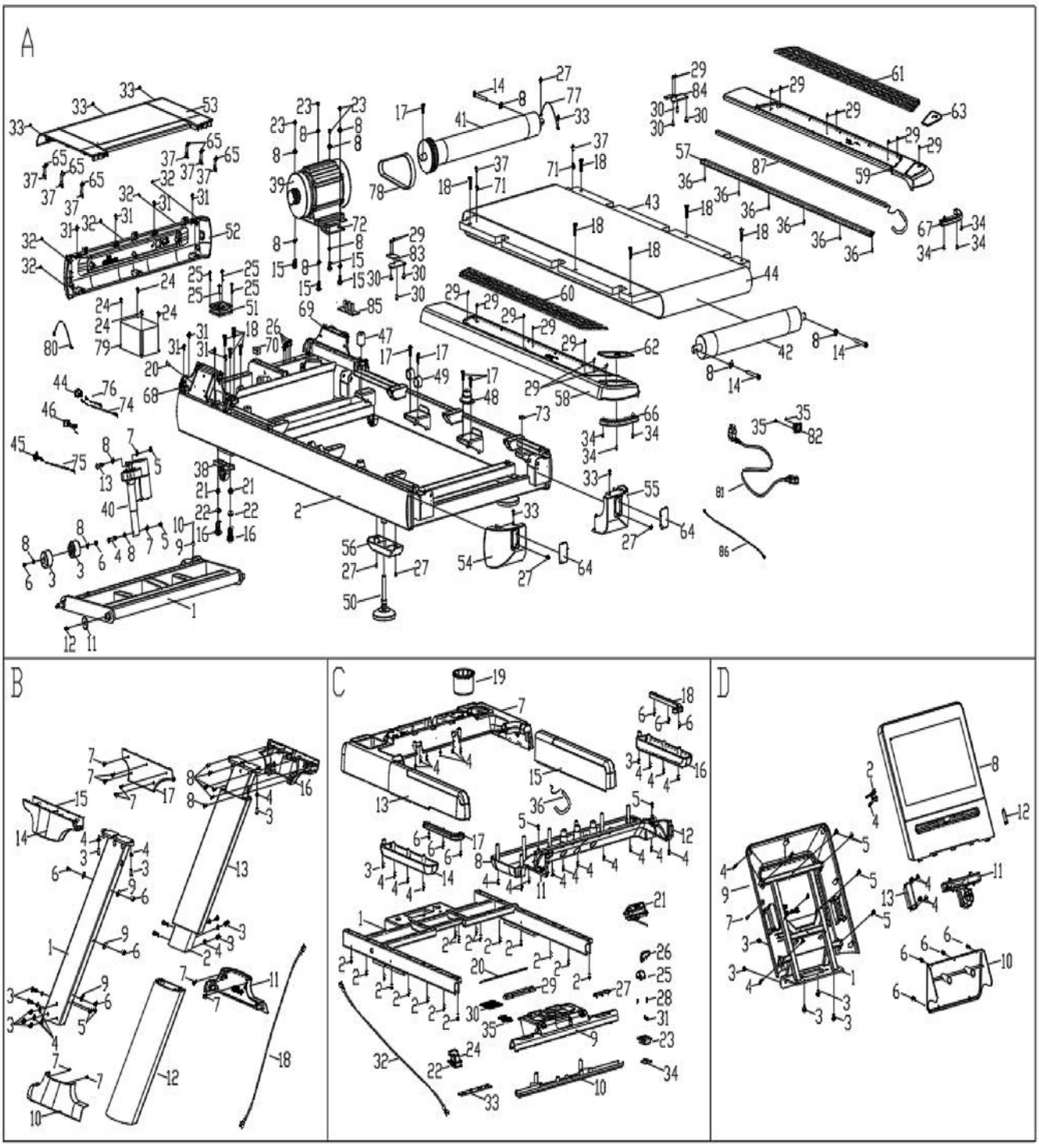
If the belt does not center itself, adjust it as shown in the pictures.

BELT MOVES RIGHT	Turn the belt adjustment screw on the right clockwise. We recommend turning 1/4 turn at a time and checking the result. If the belt still moves to the right, turn the belt adjustment screw on the left counterclockwise by 1/4 turn, as shown in picture A.
BELT MOVES LEFT	Turn the belt adjustment screw on the left clockwise by 1/4 turn. If the belt still moves to the left, turn the belt adjustment screw on the right counterclockwise by 1/4 turn, as shown in picture B.
BELT SLIPS	After a period of use, the belt may stretch slightly, and it may slip and halt when a person runs on it. When this happens, tighten the screws on both sides by 1/4 turn. If the belt is too tight, loosen the screws on both sides by 1/4 turn, as shown in picture C.



07 PARTS

Exploded drawing



07 PARTS

Parts list

NO.	DESCRIPTION	QTY
A	**MAIN FRAME SET**	**1**
1	Incline bracket	**1**
2	Main frame	**1**
3	Incline wheel	**4**
4	Round hex bolt M8*60mm	**1**
5	Nylon nut M8	**1**
6	Cap nut M10	**4**
7	Flat washer∮8.5*∮17	**2**
8	Flat washer∮10.5*∮20	**17**
9	Conical cushion	**2**
10	Cross flat head bolt M4*25mm	**2**
11	Bearing bottom cover	**2**
12	Round hex bolt M8*15mm	**2**
13	Round hex bolt M8*40mm	**1**
14	Round hex bolt M10*75mm	**3**
15	Round hex bolt M10*35mm	**4**
16	Round hex bolt M12*30mm	**4**
17	Round hex bolt M8*15mm	**9**
18	Round hex bolt M8*20mm	**4**
19	Hex bolt M8*30mm	**6**
20	Round hex bolt M6*12mm	**2**
21	Flat washer ∮12.5*∮24	**4**
22	Spring washer ∮12.5*∮18.7	**4**
23	Nylon nut M10	**4**
24	Hex round screw M4*10mm	**4**
25	Cross flat head screw M4*30mm	**4**

NO.	DESCRIPTION	QTY
26	Cross round head screw M4*8mm	**4**
27	Cross round head screw M5*8mm	**1**
28	Slotted cross flat head screw M5*10mm	**10**
29	Slotted cross flat head screw M5*15mm	**18**
30	Half round head screw M6*15mm	**6**
31	Cross head with washer screw M4*15mm	**13**
32	Cross head screw M4*16mm	**5**
33	Cross head screw M4*15mm	**6**
34	Cross self tapping screw M4*15mm	**6**
35	Cross head screw M4*14mm	**2**
36	Screw M4*16mm	**12**
37	Screw M4*10mm	**17**
38	Bearing	**2**
39	Motor	**1**
40	Incline motor	**1**
41	Front roller	**1**
42	Rear roller	**1**
43	Running board	**1**
44	POWER SWITCH	**1**
45	CIRCUIT BREAKER	**1**
46	POWER CORD JACK	**1**
47	Round cushion	**2**
48	Cushion	**2**
49	O type cushion	**4**
50	Foot pad	**2**
51	Fan	**1**

07 PARTS

Parts 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				

07 PARTS

Parts list

NO.	DESCRIPTION	QTY
18	Data cable middle-1100mm	1
C	**CONSOLE SET**	1
1	Console bracket	1
2	Cross self-tapping screw M4*16mm	18
3	Cross flat head screw M4*16mm	4
4	Cross self-tapping screw M4*12mm	37
5	Cross self-tapping screw M4*15mm	2
6	Cross head screw M4*16mm	6
7	Console upper cover	1
8	Console lower cover	1
9	Button panel upper cover	1
10	Button panel lower cover	1
11	Middle handrail left decoration cover	1
12	Middle handrail right decoration cover	1
13	Left handrail upper cover	1
14	Left handrail lower cover	1
15	Right handrail upper cover	1
16	Right handrail lower cover	1
17	Left light guide seat(optional)	1
18	Right light guide seat(optional)	1
19	Silicon cup bracket	1
20	Anti-slip pad	1
21	Safty key set	1
22	Left quick button seat PCB	1
23	Right quick button seat PCB	1
24	Left quick button seat	1

NO.	DESCRIPTION	QTY
25	Right quick button seat	1
26	quick button rod	2
27	Handle pulse	4
28	quick button rod spring	4
29	key button	1
30	wireless charger sticker(optional)	1
31	Button cap	2
32	Data cable upper-1100mm	1
33	key button pcb	1
34	quick button rod PCB	2
35	wireless charger (optional)	1
36	Handrail rail lights set （optional)	2
D	**CONSOLE CHIP SET**	1
1	Console chip bracket	1
2	Console chip rear seat	2
3	Round hex bolt M8*20mm	5
4	Cross self-tapping screw M4*12mm	17
5	Cross self-tapping screw M4*16mm	7
6	Cross head screw M4*14mm	5
7	Cross flat head screw M4*10mm	2
8	Console chip	1
9	Console chip rear cover	1
10	Console rear cover	1
11	Fan cover	1
12	USB cover	1
13	Spearker	2

08 SUPPORT

Troubleshooting

ERROR CODE	PROBLEM	SOLUTION
E01H	**Low voltage fault**	1. Turn the treadmill on again after turning off the power for 1 minute. 2. Check if the power plug, power switch and power outlet are loose. 3. Check if the power voltage is lower than the standard.
E02H	**Temperature/speed sensor fault**	1. Turn the treadmill on again after turning off the power for 1 minute. 2. Check if the NTC plug in the inverter is loose.
E04H	**Current overload fault**	1. Turn the treadmill on again after turning off the power for 5 minutes. 2. Check if the user weight is over the limit. 3. Add lubricant oil under the running belt, or check the condition of the running belt, running board and rollers.
E06H	**Overvoltage on the inverter**	1. Check if the voltage is within the standard. 2. Turn the treadmill on again after turning off the power for 1 minute.
E08H	**Motor insulation fault**	1. Turn the treadmill on again after turning off the power for 1 minute. 2. Check if the motor is in normal condition. Check if the insulation cable on the motor is connected well. 3. Add lubricant oil under the running belt, or check the condition of the running belt, running board and rollers. If everything is normal, check if the user weight is over the limit.
E09H	**Inverter overheating fault**	1. Improve the ventilation around the treadmill and clean the pins on the inverter. 2. Replace the fan (when the fan temperature is over 50 degrees, then restart the treadmill) or the inverter.

08 SUPPORT

Troubleshooting

ERROR CODE	PROBLEM	SOLUTION
E0AH	**Overload on motor fault**	1. Check if the user weight is over the limit. 2. Add lubricant oil under the running belt, or check the condition of the running belt, running board and rollers.
E0BH	**Overload on inverter fault**	1. Check if the user weight is over the limit. 2. Add lubricant oil under the running belt, or check the condition of the running belt, running board and rollers.
E0DH	**Motor cable is broken**	Check if the connector between the motor and the inverter is loose.
E0EH	**Brake on the inverter overload fault**	Turn off the treadmill for 2 minutes and then restart. If the error code is not solved, replace the inverter.
E21H	**Flash program fault**	Turn off the treadmill for 2 minutes and then restart. If the error code is not solved, replace the inverter.
E22H	**EEPROM fault**	Turn off the treadmill for 2 minutes and then restart. If the error code is not solved, replace the inverter.
E23H	**Low voltage fault**	1. Check if the inverter input voltage is within the standard. 2. Check if the power plug is on.
E25H	**Emergency stop**	Check if the 2-pin cable between the console and the inverter is connected well.
E26H	**Driver parameter fault**	Turn off the treadmill and then restart.
E27H	**Low input voltage fault**	Check if the inverter input voltage is correct.
E28H	**High input voltage fault**	Check if the inverter input voltage is correct.
E5	**Incline motor fault**	1. Check if the VR cable of the incline motor is connected well. 2. Check if the incline motor temperature is too high. If it is too hot, do not use the incline function, or turn off the treadmill for 5 minutes until the temperature is back to normal.

08 SUPPORT

Notes

08 SUPPORT

Troubleshooting

ERROR CODE	PROBLEM	SOLUTION
Incline motor fault	**Incline self-learning fault**	1. Check if the VR cable of the incline motor is connected well. 2. Do the calibration again.
Emergency stop	**Safety key fault**	1. Check if the safety key switch has a problem. 2. Check if the safety key cable is connected well. 3. Check if the safety key board is damaged. 4. Check if the console is damaged. 5. Check if the cable between the console and the inverter is damaged.
Connection error	**Connection fault between the console and the inverter**	1. Check if the upper cable between the console and the upright is connected well. 2. Check if the console cable is connected well with the cable in the inverter. 3. Check if the console is in normal condition. 4. Turn off the treadmill for 2 minutes and then restart.
E50H	**Connection fault between the lower cable and the inverter**	1. Check if the lower cable is connected well with the inverter. 2. Check if the inverter is connected well.
E51H	**Communication fault between the inverter and the middle controller PCB**	1. Check if the console cable is connected well with the middle controller PCB. 2. Check if the console is faulty. 3. Check if the middle controller is faulty.

SERVICE

If the treadmill malfunction is not covered above, please contact the customer service center, and you will receive satisfactory service. If any part is damaged, stop using the machine immediately. It cannot be used again until the damaged part is replaced by a qualified original part and the machine is reassembled properly.